



# The First Signs – Perimenopause Explained

Know What's Normal, What to Track, and What Helps

*Brought to you by Navigate Menopause*



# What Is Perimenopause?

## Definition

The phase *before* menopause. Hormone levels start fluctuating — often wildly.

## Timeline

Can begin as early as your late 30s or 40s and last several years.





## Common Early Signs



### **Irregular periods**

Shorter, longer, heavier,  
lighter



### **Breast tenderness**



### **Mood swings or irritability**



### **Poor sleep**

Especially around your cycle



### **Hot flashes or night sweats**



## It's Not "All in Your Head"

You might feel "off" before your doctor can confirm anything.

Blood tests aren't always accurate — hormones fluctuate day to day.

### **Ask Navigate Menopause:**

"Help me understand if my symptoms are perimenopause."

# Symptom Tracking Tips

## Track Multiple Factors

Track your cycle, energy, mood, sleep, and physical changes

## Use Tools

Use a journal or app

## Look for Patterns

Patterns matter more than single symptoms







## Natural Relief for Early Symptoms



### Supplements

Magnesium and B6 for mood and sleep



### Diet Changes

Cut caffeine if you're feeling jittery



### Herbal Support

Black cohosh, chaste-berry (always check safety)



### Movement

Gentle movement: yoga, walking, stretching

# Emotional Impact



## Acknowledge feelings

You may feel like a stranger in your own body

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## Express emotions

It's okay to grieve, rage, cry — and also laugh

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## Embrace change

You're not broken — you're evolving

**Try Asking Navigate Menopause:** "I feel confused by my body — talk me through it."

# When to Seek Medical Advice

## Heavy Bleeding

Periods are excessively heavy or long



## Need Support

You just want to talk to someone who listens



## Severe Mood Changes

You're overwhelmed by mood swings



## Unusual Symptoms

Sudden pain or irregular bleeding







## Navigate Menopause

# Try Navigate Menopause Free

Confused or overwhelmed? Try asking things like:



### Ask about symptoms

"Is this symptom normal in perimenopause?"



### Understand timeline

"How long does perimenopause usually last?"



### Get tracking help

"Help me track my changes."