



# 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,



**Breast tenderness** 



**Mood swings or irritability** 



Poor sleep

lighter



Hot flashes or night sweats

Especially around your cycle



## 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**

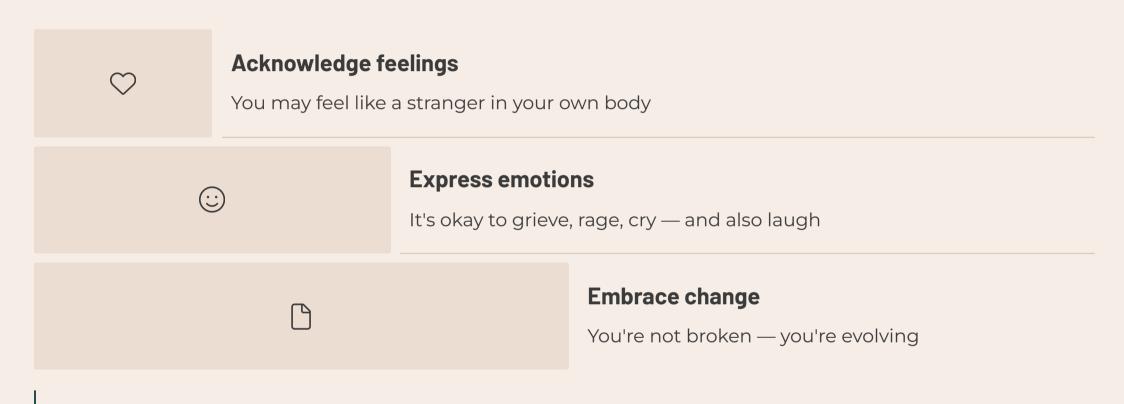
Black cohosh, chaste-berry (always check safety)



#### **Movement**

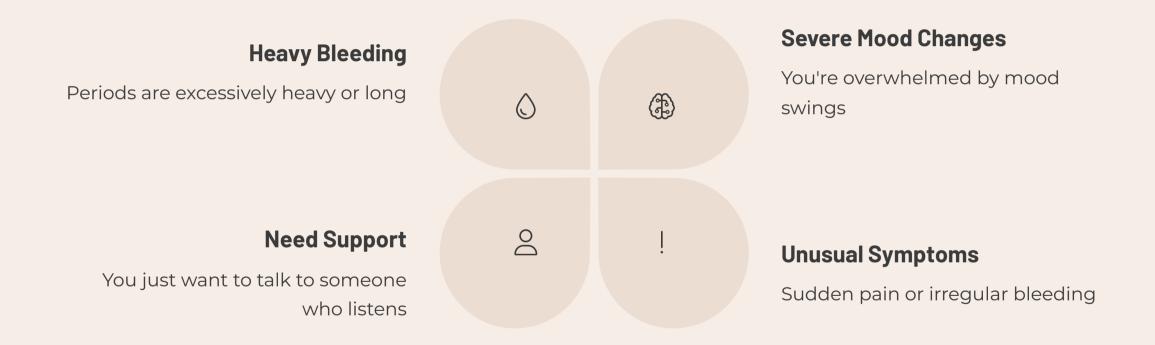
Gentle movement: yoga, walking, stretching

## **Emotional Impact**



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

### When to Seek Medical Advice





## **Try Navigate Menopause Free**

Confused or overwhelmed? Try asking things like:

?

#### **Ask about symptoms**

"Is this symptom normal in perimenopause?"

(1)

#### **Understand timeline**

"How long does perimenopause usually last?"

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#### **Get tracking help**

"Help me track my changes."