Most women have heard about menopause, but there’s another, lesser known condition that can also bring about changes in a female’s body. This biological process is referred to as perimenopause, and it can be thought of as the time leading up to menopause. Both of these stages in life are completely normal and to be expected, but that doesn’t mean they can’t come with a host of unpleasant symptoms for many women.

The good news is our team at Orange Blossom Women’s Group in Trinity, FL is committed to helping women in the area look and feel their very best, regardless of their age. This includes addressing the symptoms associated with perimenopause and menopause. Contact us today to book an appointment and learn more about the various treatments we have available!

A Closer Look at Perimenopause and Menopause

Perimenopause can be described as the months and/or years during which your body approaches menopause. Although menopause is the process that is most commonly associated with the end of the menstrual cycle, it is not unheard of for women to skip periods during the menopausal transition phase known as perimenopause.

What are the Symptoms?

In many cases, the symptoms of perimenopause and menopause are quite similar; however, the changes associated with perimenopause are oftentimes subtler and less noticeable. Common symptoms include:

Irregular periods

Mood swings

Hot flashes

Night sweats and trouble sleeping

Vaginal dryness

It is important to note that the symptoms of perimenopause and menopause vary from patient to patient. It is not at all uncommon for one woman to experience certain symptoms and for another woman of the same age to experience completely different symptoms.

What Treatments are Available?

At Orange Blossom Women’s Group, we are proud to always take an individualized approach when it comes to addressing women’s health issues. We understand that every woman is unique, and we make sure to customize our treatments based on the patient’s specific needs and goals. We offer a number of professional treatments that aim to address the symptoms of menopause and perimenopause. The right treatment for you will depend on various factors and can ultimately be determined during a consultation with Dr. Reut Bardach and her team of experienced medical professionals.

Contact Us Today

As a woman, you know that you can expect a whole host of changes and life transitions. When you find yourself dealing with all of the changes associated with perimenopause and menopause, allow the team at Orange Blossom Women’s Group in Trinity, FL to help. Contact our office today to schedule an appointment!