

mira

# How to Transition into Menopause

And feel good  
about it





Welcome to Mira's guide on perimenopause—that somewhat puzzling phase every woman and people with ovaries goes through.

In this ebook, we're here to shed light on the ins and outs of perimenopause.

We're not just about understanding it—we want you to embrace it, armed with insights that go beyond the basics.

Why start early? Because it's the key to self-care during this phase.

We know that perimenopause can be scary and confusing, so we're all about giving you the knowledge to navigate perimenopause with confidence! ✨

# Chapter 1: What Is Perimenopause Anyway?

## Understanding the Basics

Perimenopause is a phase for women and people with ovaries that is marked by hormonal shifts, particularly in estrogen and PdG levels.

Believe it or not, we're still uncovering the full spectrum of symptoms related to perimenopause.

## What the numbers are saying

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In the United States, about

**1.3 M**

women become menopausal each year

\*Source

By 2025 more than

**1 B**

women around the world will be post-menopausal

\*Source

# Signs and Symptoms

Have you ever wondered about the changes your body might go through during perimenopause? We've got the lowdown on common signs and symptoms.



**We have a lot to learn—and quick!**

Once your body starts going through perimenopause, you might notice a few changes.



## Cycle Changes

- **Irregular Cycles:** Your cycle may become longer or shorter, with increased variability. Periods could become more unpredictable, sometimes coming more frequently and then less so.
- **Inconsistent Ovulation:** As ovulation becomes less regular, you might skip periods for a month or more, only to have them return unexpectedly.

## Bleeding Variations

- **Heavier or Lighter Bleeding:** Some women may notice heavier flows and longer periods, while others might experience lighter bleeding or just spotting.

# PMS Symptom Changes

- Intensified PMS: Premenstrual symptoms can become more pronounced, with mood swings, irritability, and physical symptoms like bloating or breast tenderness becoming more acute.

## Understanding the Changes

The root of these changes lies in hormonal fluctuations. Estrogen levels can become erratic, and progesterone production typically declines as ovulation becomes less frequent.

Monitoring your hormone levels is the best way to understand these cycle changes and address any imbalances.

## Physical changes

Women who are entering into perimenopause can see weight gain (metabolism changes), sore breasts, changes in libido, vaginal dryness, and bone health issues like osteoporosis.

## Sleep changes

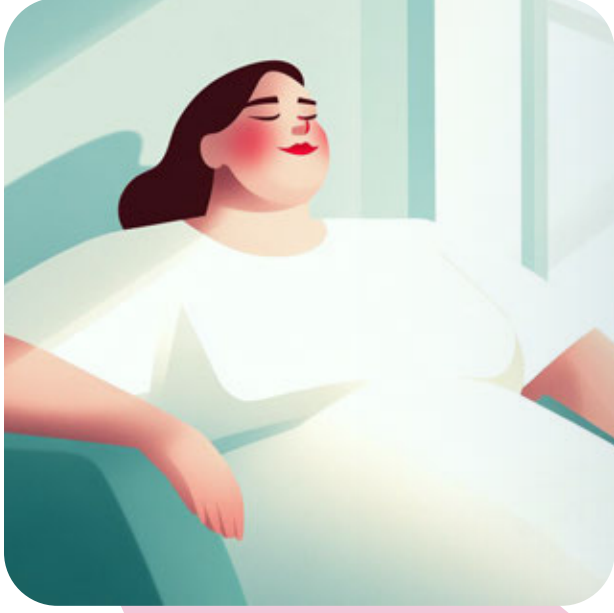
Sleep gets a little more difficult during this period. You'll start to experience more frequent waking, difficulty getting to sleep, and Insomnia.

## Mood changes

Perimenopause symptoms included more frequent mood changes, irritability, rage, and increased PMS.

 Pro Tip: Check out our recent study "[How Sex Hormones Affect Mood & Well-Being](#)".

# Hormonal changes during menstrual cycle



52%

don't like their skin condition

1/5

report negative self-perception

## Follicular Phase

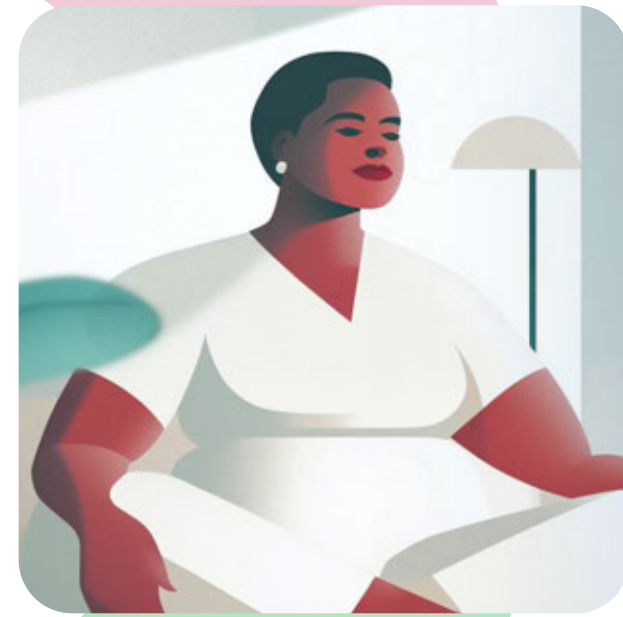
Hormones: Low hormone levels

47%

of women report feeling moody

54%

don't have energy to exercise



## Fertile Window

Hormones: E3G rises, LH peaks

2 in 3

respondents report feeling happy

2x

feel productive at work compared to follicular and luteal phases

1 in 2

women feel super sexy



## Luteal Phase

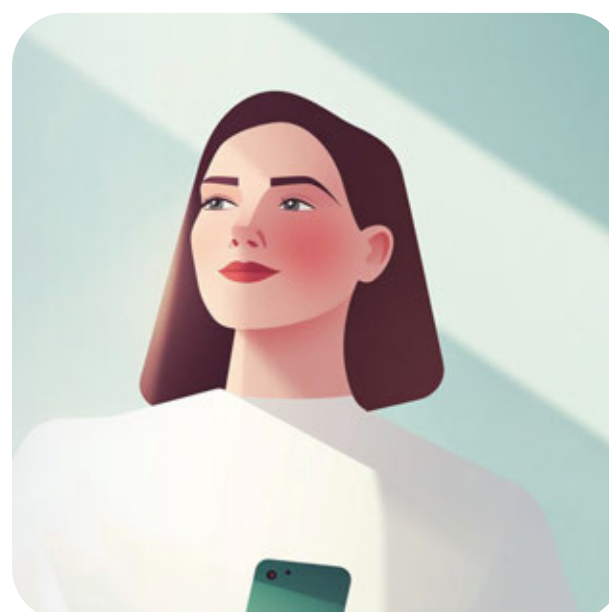
Hormones: Progesterone rises

50%

of women feel sad, tired and irritable

36%

crave junk food



\*based on Mira's Hormones & Mood study, carried out on 150 women.

# Vasomotor changes

An uncomfortable but common symptom of Perimenopause is the onset of night sweats and hot flashes.

# New allergy symptoms

Some women may develop new allergies and hayfever-type symptoms.


# The Timing and Duration

How early can perimenopause start, and how long does it last?

Most women arrive at menopause between the ages of 45 and 55, but perimenopause can start as much as a decade beforehand!

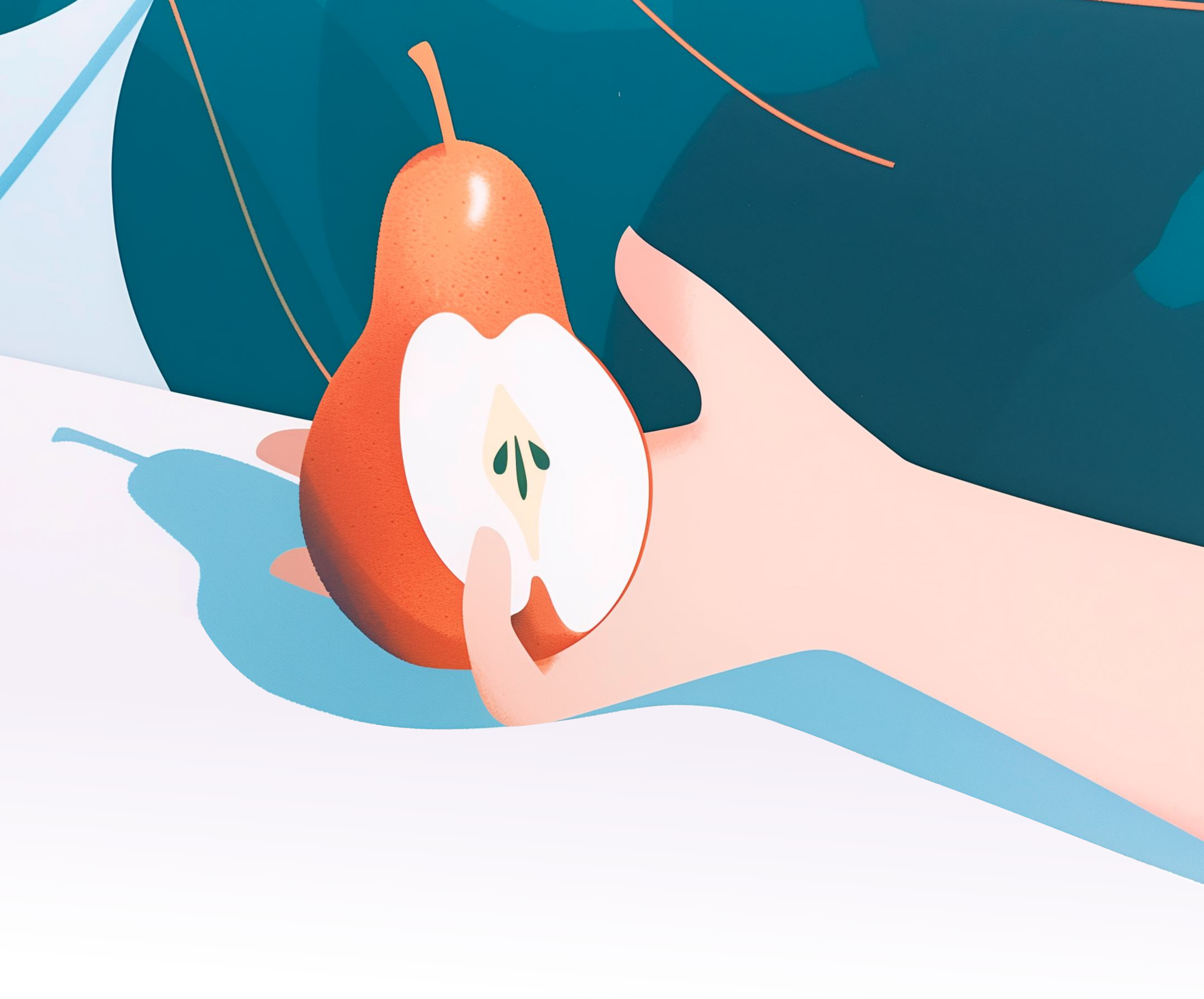
About 1% of women in the U.S. reach menopause at age 40 or younger, what's known as premature menopause.

The average length of perimenopause is about 4 years. But, some people may only be in this stage for a few months.

 Catch our “Practical Strategies To Conceive After 35” on-demand webinar—because when it comes to conceiving, age is just a number!

Join us for insights and tips from medical experts, that go beyond conventional wisdom.





# Chapter 2: Hormonal Changes During Perimenopause

During perimenopause, your hormones will change!

And that's okay! We're here to help you understand and make sense of these changes.

## FSH, PdG, LH, and E3G

Your Follicle-Stimulating Hormone (FSH), Progesterone (PdG), Luteinizing Hormone (LH), and Estrogen-Estradiol Metabolite (E3G) levels can change a lot during perimenopause.

## FSH

FSH is responsible for regulating the menstrual cycle, stimulating the development of ovarian follicles (which will eventually release an egg during ovulation), and ramping up the production of estrogen during the follicular phase.

FSH tells a lot about your fertility status: when your ovaries have multiple eggs left and are working properly, they won't need as much FSH to stimulate them.

However, the fewer eggs you have left, the more FSH will be required to stimulate the follicles (=ongoing high FSH levels at the beginning of your cycle can signify your ovaries are struggling to recruit and grow follicles).

## LH

LH plays a crucial role in triggering ovulation. During perimenopause, LH levels can become unpredictable. This hormone surge typically signals the ovary to release an egg.

However, as ovulation becomes less consistent, LH levels rise, and surges may not always correspond to ovulation, leading to irregular cycles.

## E3G

E3G is a metabolite of estrogen levels that reflects your body's estradiol levels. During perimenopause, estrogen levels lower and fluctuate significantly, affecting E3G readings. These fluctuations can lead to symptoms like mood swings and hot flashes. Tracking E3G can provide insights into estrogen balance and help manage symptoms as your body transitions through this phase.

## PdG

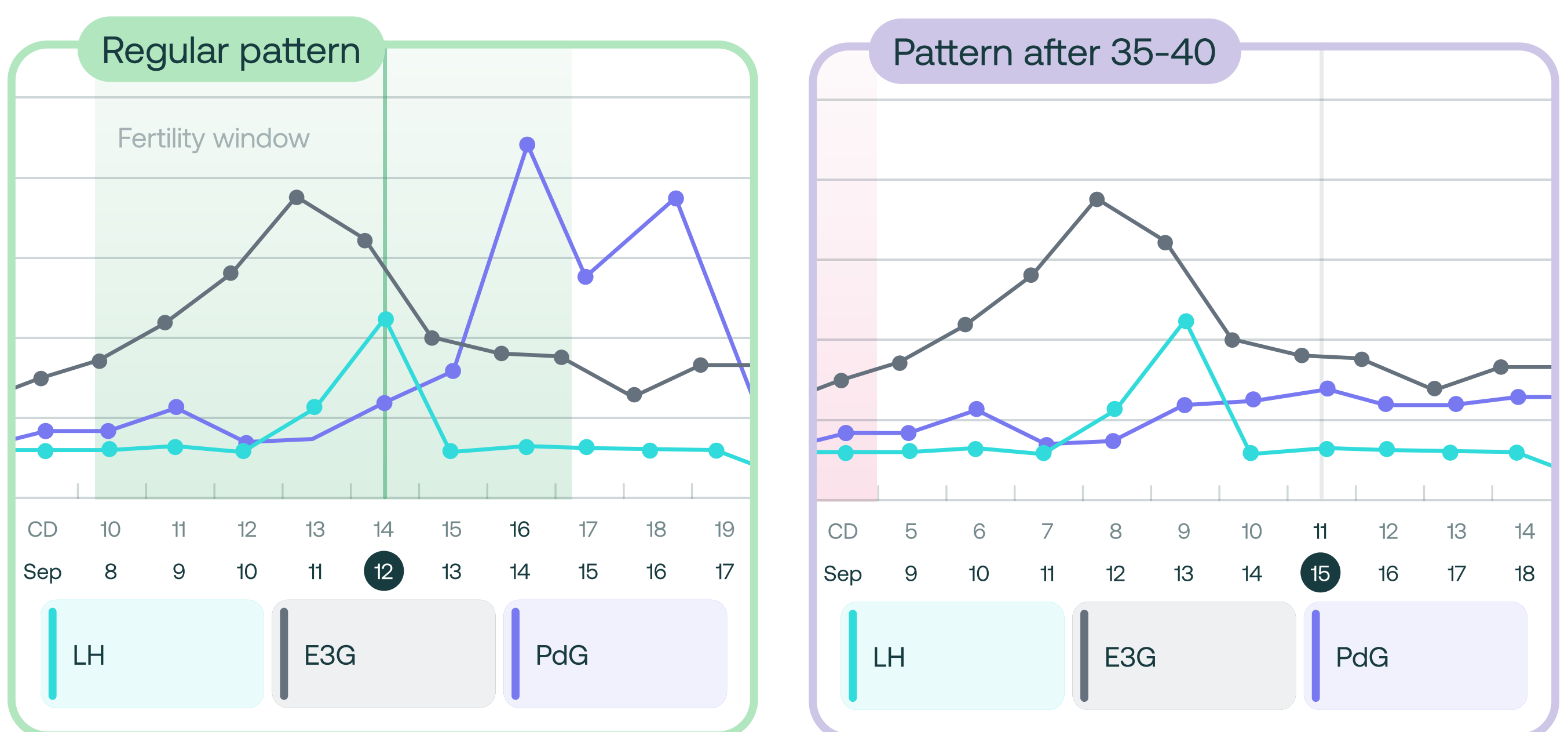
PdG tells you whether you're ovulating regularly or not. As women transition through perimenopause, cycles can gradually become shorter before becoming long, irregular, or even sporadic and the chances of anovulatory cycles increase.

Studies found that progesterone (PdG) levels went down in late perimenopause but tracking PdG levels can still be used to confirm an ovulatory cycle.

In most ovulatory cycles, PdG level drop steadily as women transition to menopause. Ovulatory cycles dropped steadily as women transitioned to menopause.

Declining progesterone is likely due to both more missed ovulations and lower secretion during the luteal phase.

This supports the idea that the ovaries lose competence over time in perimenopause.



Changes in these hormones will happen, but don't panic, there's a way to understand what's going on with your hormones: start to track them consistently—from home.

**Making hormone tracking a habit is key to understanding.**



## With Mira's NEW Menopause Transitions Kit, you can:

Define your actual fertility stage—and see how it changes over time

- Track 4 key hormones from the comfort of home (LH, E3G, PdG, and FSH)
- Monitor your cycle changes in the [Mira App's](#) Menopause Transitions Mode
- Track and understand your perimenopausal symptoms
- Check if you're still ovulating (even if your cycles have become irregular)
- Export hormonal reports to discuss with your doctor

Using an at-home hormone tracker like the Mira Hormone Monitor can help you, it's an easy way to track your hormones and will provide 99% accurate results, unlike other OPKs that can give you faulty results based on a fixed threshold.

[Shop now](#)



Disclaimer: The Mira Hormone Monitor is not designed to check ovarian reserve and can't detect Menopause. Please always refer to your healthcare provider.

## AMH and the Ovarian Reserve

Anti-mullerian hormone, or AMH, is a protein hormone found in both males and females. This hormone is produced in reproductive tissues.

As a female enters puberty, the role of AMH changes. At this point, the ovarian follicles begin making AMH. The more egg cells that are developing, the higher the level of AMH.

For women, the level of AMH in the blood can help your doctor estimate the number of follicles in the ovaries and your overall egg count. Thus, your AMH levels can be used to estimate your ovarian reserve.

Want to see your AMH levels and ovarian reserve?

Mira's Panorama Lab Test gives you the full picture of your fertility by testing your 5 fertility markers from home.

[Try it now](#)



# Chapter 3: Tips To Take Care of Yourself During This Phase

Perimenopause can be an emotional rollercoaster! These tips and lifestyle changes can help to support and ease hormonal fluctuations connected to perimenopause:

- Adding a **light walk** 🚶 after meals, or low-impact exercises like **weight lifting** 🏋️, **pilates** 🧘, or **swimming** 🏊 can balance your metabolism and hormones.
- A **good sleep** 🛏 routine is key! [Read our blog post on Sleep & Fertility](#)
- Take care of balancing your hormones **balance naturally**. [Mira's Multi-Vitamins](#) 💊 are packed with nutrients that help with your reproductive wellness and health!
- Embrace **self-care** 🧖 during this time! Enjoy things like reading your **favourite book** 📖, a **post-dinner walk**, a **warm cup of tea** ☕, or whatever it is that makes you happy.
- Foster **intimate connections** 🤝 with those around you. Rely on close friends or family that may be going through the same stage of life.
- [Practice mindfulness](#) 🧘
- Consider a **sex routine** 😍 to nurture your intimacy!
- **Self-compassion** and **self-mothering** 🤗 techniques (=be kind to yourself and your body, embrace the change)

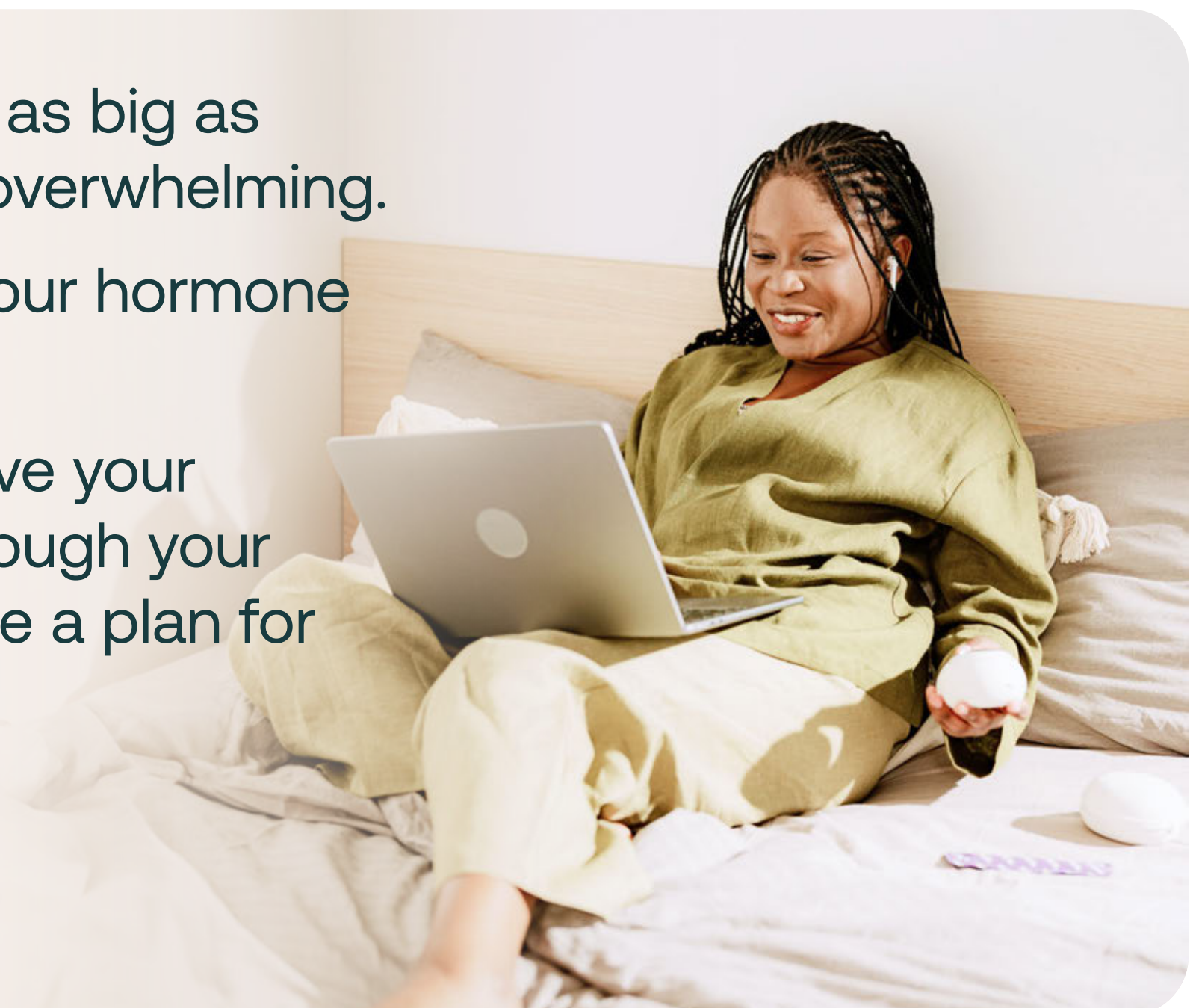
- A **balanced diet** 🍌: be mindful of your lifestyle choices. Limit or avoid caffeine, alcohol, and smoking, as they can exacerbate mood swings. Focus on a nutrient-rich diet that includes **fruits** 🍏, **vegetables** 🥦, **whole grains** 🌾, and **lean proteins** 🍗, which can support hormonal balance and overall well-being. Consider including phytoestrogen-rich foods in your diet, such as **soy products, flaxseeds, and legumes** 🍓, as they may help alleviate some symptoms associated with hormonal fluctuations.
- If you need them, **consider therapies** like cognitive-behavioral therapy (CBT) or other forms of talk therapy 🧠 that can help you develop healthy coping mechanisms.

We know that something as big as Perimenopause can feel overwhelming.

Get support from one of our hormone health practitioners!

You'll learn ways to improve your fertility, be able to talk through your hormone results and make a plan for lifestyle improvements.

[Book a consultation](#)



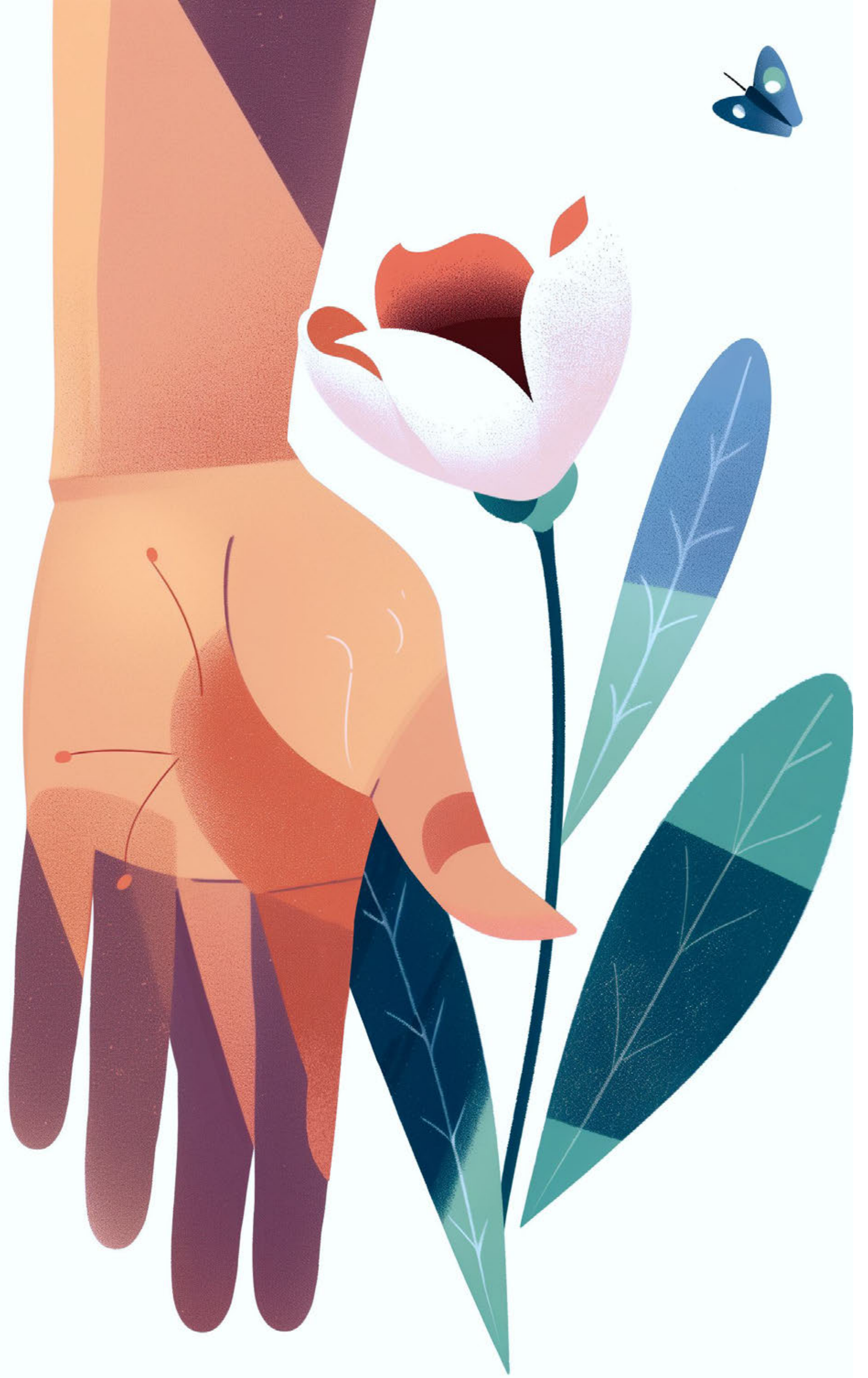
# Chapter 4: Speak Up!

With this new knowledge about Perimenopause in your back pocket, you're ready to advocate for yourself and speak up at the doctor's office. It's important to remember that no one should underestimate your symptoms, you know your body best!

At Mira, we believe that hormone tracking is a great tool to feel empowered and go to the doctor with real data in your hands so that you don't leave the doctor's office feeling like your (perimenopause) symptoms were overlooked or ignored.







Our goal is to help make Perimenopause another phase in your life that can be celebrated!

With education and a plan on your side, we hope that it doesn't have to be a stage in your life that feels uncertain or scary.

Share this guide, let's spread the awareness about Perimenopause 🍀

# mira

## See how Mira can help you confidently track your hormones at home

Shop now

Read more:

