

## PERIMENOPAUSAL PROBLEMS - STRATEGIES THAT WORK

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### *PHYSICAL*

#### **Sweats/Flashes**

- Dress in layers
- Avoid hot drinks, caffeine, alcohol, spicy food, sugar
- Relaxation strategies: meditation, yoga, tai chi
- Regular aerobic exercise 3 times per week, 45 minutes
- Acupuncture
- Soy foods up to 40gm soy protein daily
- Flax Oil 1 tbsp/day
- Ground flax seed 1 tbsp/day
- Black Cohash: Cimifem 40-80mg/1-2x per day
- Estroven
- Progest Cream ¼ tsp 2x/day – on hands, upper body 3 weeks per month
- *By Prescription:* Hormone therapy  
Prozac or Effexor

#### **“Sandpaper” Vagina** – Exam to rule out chronic infection/inflammation

- Astroglide lubricant
- Regular stimulation
- Acidophilus orally – follow label dose
- Vagifem tablet in vagina every night for 2 wks, then 2x/wk
- *By Prescription:* Estriol Vaginal Cream, 1gm every night for 2 wks then 2x/wk  
Estring Vaginal Ring

#### **Decreased Libido/Stamina**

- Privacy
- Relationship Counseling
- Setting established times/dates
- Testosterone therapy by prescription
- Self-esteem counseling
- Caution with over the counter products: DHEA

## ***EMOTIONAL***

### **Mood Swings**

- Progest Cream
- Counseling
- Relaxation strategies
- *By Prescription:* Hormone Therapy  
Antidepressant Therapy

### **Insomnia**

- Black Cohash – Cimifem 40-80mg. under tongue at bedtime
- 5 HTP 50-300mg. at bedtime
- Homeopathic remedy – Homeopath
- Herbal remedy – Herbalist
- Exercise
- Relaxation strategies
- Avoid sugar, alcohol, caffeine, late meal
- Box breathing:       in to count of 4 as slowly as possible  
                                  hold to count of 4  
                                  out to count of 4 + 4
- *By prescription:* Hormone Therapy  
Prozac or Effexor

## ***SPIRITUAL***

Regular spiritual discipline  
Journaling  
Spiritual Counseling  
Women's Group

## ***INTELLECTUAL***

Creative passion, hobby  
Mind games: Bridge, Cribbage, Scrabble, Chess  
Adult Education classes  
Volunteering