

Download Before The Change Taking Charge Of Your Perimenopause

70% of women will experience some of the key symptoms of perimenopause: Hot Flashes Insomnia Anxiety Changes to your periods, Mood swings (irritability like PMS plus) Tender breasts Weight gain around the middle Low Libido What is the difference between menopause and perimenopause? The symptoms are much the same but in perimenopause you will usually have intermittent periods. More Yeast Infections During Perimenopause Sugar Causes Yeast Infection with Description Of Skin Yeast Infection and Infections Of Female Reproductive System are fungal infection due to any types of Candida. When it affects the vagina, it is commonly called a yeast infection. Keeping tabs on your period's monthly attendance is a unique facet of women's health. And while the female body's ability to reproduce is a beautiful thing, few women experience regular 28-day cycles. Compiled using information from the following sources: 1. Weschler, T. (2002). Taking charge of your fertility. New York, NY: HarperCollins Publishers Inc.