

Mini Guide

HORMONES

in your 40's



Dr. Kathleen
Mahannah, ND

Disclaimer

The information provided in this handout is intended for educational purposes only. The information in this handout is not medical advice, and is not intended as a substitute for medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding your health and/or a medical condition.





Hello!

Welcome to your Hormones in your 40's Mini-Guide! This guidebook is going to help clarify *what is going on* with your hormones in your 40's, and will empower you with the steps you can take to balance your hormones and feel like yourself again.

My name is Dr. Kathleen Mahannah, I am a Naturopathic Doctor in North Vancouver BC. My mission is to empower women in understanding and embracing their hormones. YOU are a powerful, amazing woman and your hormones should enhance that, not detract from it!

If you are feeling confused and frustrated with hormone symptoms, you're not alone. Women have simply not been taught what to expect as hormones change in their 40's. I am here to guide you with the support you need to feel like your most radiant self, once again.

After working with hundreds of women navigating these hormone concerns in their 40's, I've distilled down the top 3 topics that women need to know about, now:

What exactly is perimenopause, and how do you know if you're in it?

Most common hormone imbalance patterns in the 40's

Foundational blood testing for optimal health

This mini-guide will help launch you towards the proper care you should seek (and deserve!) to help you navigate your hormones feeling supported and empowered. Let's get started!

Yours in hormone health,

Dr. Kathleen Mahannah

Table of

contents

01 Peri-menopause, Defined

02 Is it Peri-menopause?

03 Quiz Results

04 Signs of Low Progesterone

05 Signs of Elevated Estrogen

06 Meet your Hormones

07 Foundational Blood Tests

08 Foundation of Hormone Health

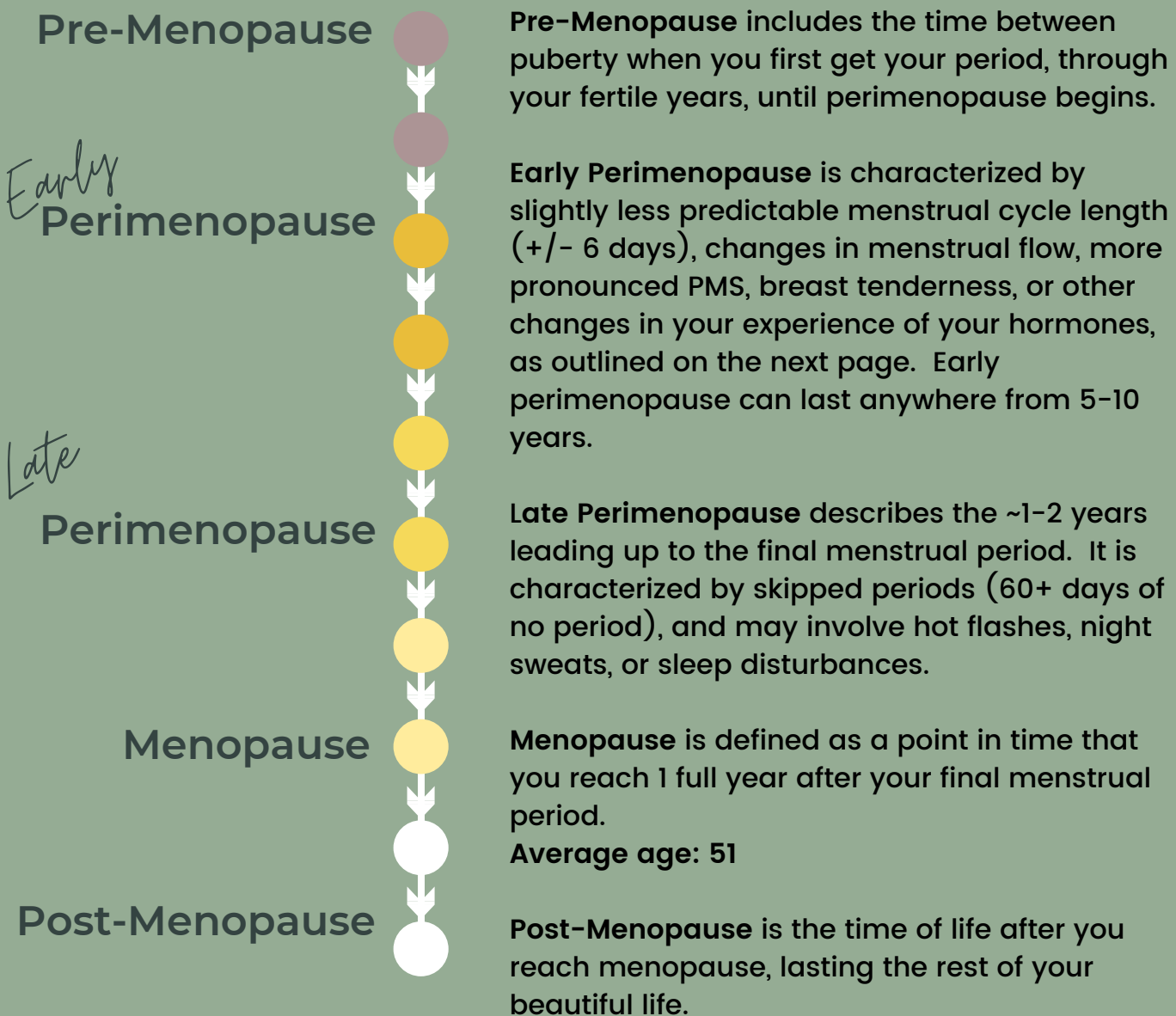
09 Your Next Steps



Perimenopause

Defined

Perimenopause is a normal time of midlife hormone transition for women. It begins very subtly as hormones start to change, long before you start skipping periods. In fact, it can begin anywhere from 7-10 years before menopause; therefore, these changes can start in the late 30's or early 40's. This diagram depicts the timeline of hormone transitions that women experience throughout their lifetime, and the hormone signs that characterize each stage.



Is this Perimenopause?

This is designed for women who are "midlife" (approximately age 35-40+) who still have a menstrual cycle.

Check the boxes that apply to you:

- My period has been getting heavier and/or longer than it used to be.
- My menstrual cycle (the time between one period to the next) is shorter - less than 25 days.
- I have new onset sore, swollen or lumpy breasts.
- I have new onset mid-sleep waking.
- My menstrual cramps are worsening.
- I have new onset of night sweats, especially in the days leading up to my period.
- I have new or markedly increased migraines.
- I have new or worsened mood swings in the days leading up to my period.
- I am experiencing weight gain, even though I haven't changed my exercise routine or my diet.

Is it Perimenopause?

Results

3 or more checked boxes may indicate that you could be in

perimenopause.

Please note: other health conditions or hormone concerns can also contribute to the above symptoms; **spea**k to your health care provider for clarification and further testing, if necessary.



Common Hormone Imbalance Patterns

Signs of Low Progesterone

Progesterone is produced only when ovulation occurs. When ovulation becomes less frequent or absent, progesterone will be low. Signs of low progesterone may any of the following:

- ✓ Spotting for several days leading up to the period
- ✓ Shorter menstrual cycle (<25 days)
- ✓ Heavy period flow
- ✓ Increased anxiety
- ✓ Difficulty falling asleep or staying asleep
- ✓ Insomnia
- ✓ Worsened PMS symptoms, which may include anxiety or irritability
- ✓ Weight gain
- ✓ Lack of ovulation signs (ex. no rise in temperature with BBT tracking, no fertile cervical mucus)



Common Hormone Imbalance Patterns

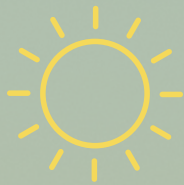
Signs of Elevated Estrogen

Estrogen production starts to vary and become more erratic during the perimenopause transition. Signs of elevated estrogen can include:

- ✓ Irregular or unpredictable periods
- ✓ Heavy period flow
- ✓ Breast tenderness, sensitivity, or breast swelling
- ✓ Headaches or migraines
- ✓ Worsened PMS symptoms, which may include irritability, depression or mood swings
- ✓ Night sweats or hot flashes, especially in the days leading up to your period
- ✓ Water retention (feeling "puffy")
- ✓ Weight gain, especially around the midsection
- ✓ Uterine fibroids



Meet Your Hormones



Estrogen

Did you know that you actually have 3 types of estrogens? Estrogen is the main hormone responsible for developing and maintaining the female reproductive system. It also has protective benefits for the skin, brain, bones and heart.

Estrogen:

- Is required for fertility
- Contributes your energy levels
- Protects your bones
- Supports collagen production in your skin, and protects your hair
- Protects your heart
- Supports cognition and brain function
- Supports a healthy vagina and prevents vaginal dryness
- Support a healthy libido



Progesterone

Progesterone is released in the second half of the menstrual cycle, during the “luteal” phase, after ovulation has occurred. In fact, ovulation is **REQUIRED** for optimal progesterone levels to be present. Progesterone helps to:

- Support and regulate your mood, especially in the second half of your cycle
- Regulate and normalize your period bleeding
- Calm the mind and reduce anxiety
- Support quality sleep
- Supports fertility
- Support the early stages of pregnancy

Foundational

Blood Testing

As hormones shift in perimenopause, it is important and useful to have blood testing done to help monitor and optimize your health, energy, metabolism and wellbeing. The following tests are part of the foundational screening I do with many of my patients. Speak to your health care provider to discuss whether these tests may be helpful for you.

CBC & Ferritin

This tests examines your blood cells and iron levels. This is important for women who have heavy periods.

Fasting Glucose, Insulin & HbA1c

These tests provide insight into your blood sugar control and metabolism.

Cholesterol & hsCRP

These tests help to examine cholesterol and inflammation, which gives insight into your cardiovascular health.

Vitamin D

Vitamin D is an important vitamin for bone health and metabolism. Optimizing these levels will help to protect your bone quality.

Thyroid Panel

The thyroid is the master metabolism hormone. The full thyroid panel includes TSH, free T4, free T3, and anti-thyroperoxidase antibodies (ATPO).

Vitamin B12

Vitamin B12 helps with brain health, cognition, nerve health, red blood cells, energy and metabolism. It is particularly important to assess in women who eat plant-based diets.

Foundation of Hormone Health

Your menstrual cycle is a beautifully coordinated series of messages and events that impacts all aspects of your body and mind.

Estrogen and progesterone production are influenced by other factors besides age. These are the Pillars of Hormone Health.

As hormones change over time, a strong and healthy Foundation of Hormone Health will assist in making the perimenopause transition smoother.



Baseline Assessment



Nutrition



Digestion & Detox



Sleep & Recovery



Stress Resilience



Metabolism & Thyroid



Lifestyle & Habits



Family + History

Reclaim Your RESILIENCE

FUTURE-PROOF YOUR 40S & BEYOND

THE ONLINE PROGRAM

Are you tired of feeling like you are at the mercy of a hormonal roller coaster ride?

If so, consider this your invitation to step off.

Learn everything you need to know about navigating perimenopause, reclaiming your energy, sleep, libido, optimizing your metabolism, and more in 6 online modules.

Currently on sale!

[CLICK HERE TO LEARN MORE](#)

