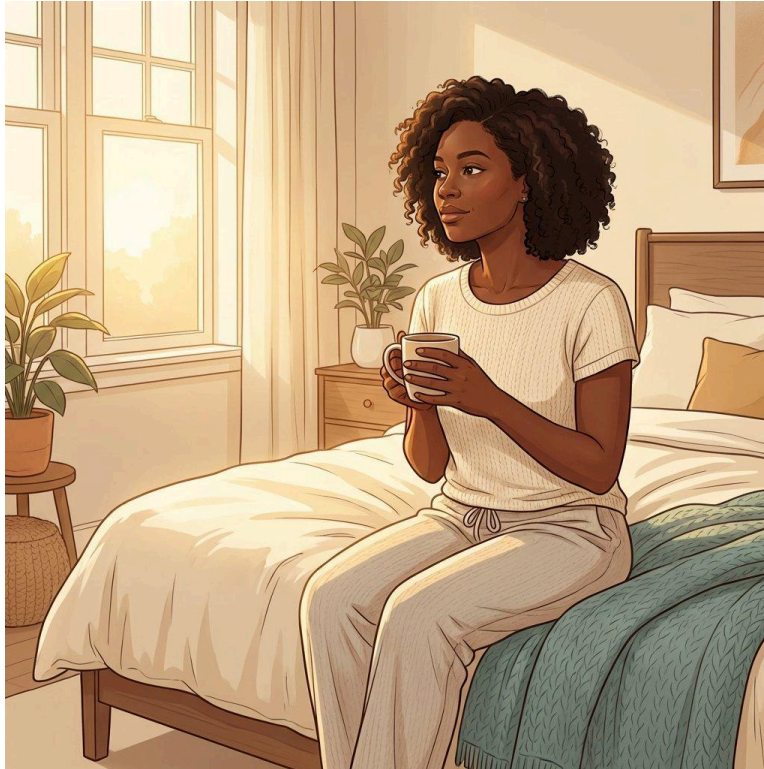


pause + **reset**



What Is Perimenopause?

The Guide To Answer All Your Burning Questions

by *pause* + **reset**
pausereset.com

So... What IS Perimenopause?

It's not "pre-menopause." It's not a warm-up act. It's the main event – and it's probably already happening to you.

Perimenopause is the active hormonal transition leading to menopause. Your ovaries are gradually producing less estrogen and progesterone, and along the way, those hormones fluctuate wildly – surging, crashing, and doing things they've never done before.

The basics:

- Average age of onset: 40-44 (but it can start in your mid-30s)
- Average duration: 4-8 years
- Over 36 documented symptoms
- Most women have NO idea it's happening until they're deep in it

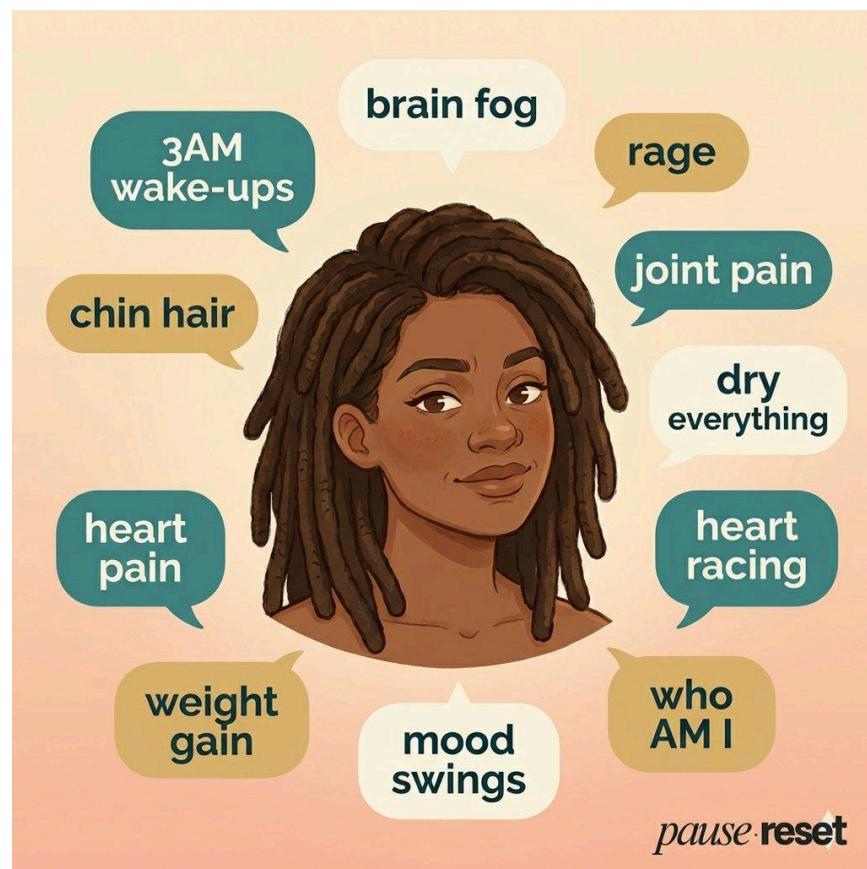
If you've been feeling "off" and can't explain it – if your body is doing things it's never done before – if you went to your doctor and they said you're "fine" but you KNOW you're not fine...

This might be why. And you're not alone.

It's Not Just 3 Symptoms. It's 36.

When most people think of perimenopause, they think of three things: hot flashes, mood swings, and irregular periods. The famous three.

But perimenopause has over 36 documented symptoms. And most of them? Nobody warned you about.



Here's a partial list of symptoms that are ALL connected to the hormonal transition:

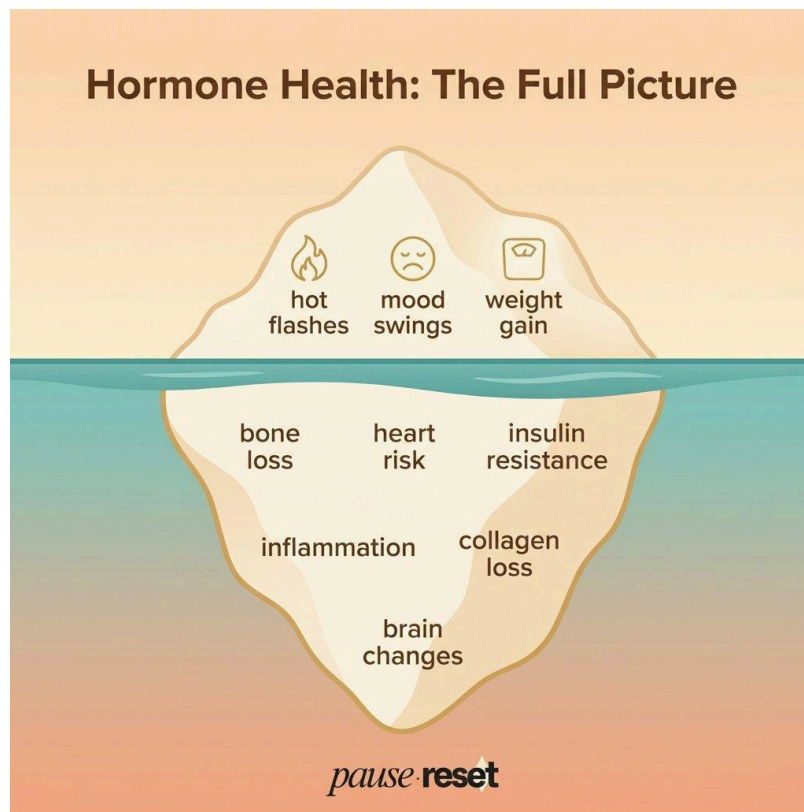
- 3 AM wake-ups (every night, for no reason)
- Brain fog so thick you forget words mid-sentence
- Rage that scares you because it doesn't feel like you
- Weight gain – especially belly – despite changing nothing
- Anxiety that appeared out of nowhere
- Joint pain, frozen shoulder, aching hands
- Heart palpitations your cardiologist can't explain
- Chin hair with a deeper will to live than anything you've ever known
- Skin that's simultaneously dry AND breaking out
- Libido that vanished without a forwarding address
- Body odor that changed overnight
- Panic attacks – especially at night
- Tinnitus, dry mouth, itchy skin, food cravings, dizziness...

"If you just went 'wait – THAT'S perimenopause?!' to three or more of those... yeah. Welcome to the club nobody signed up for."

Explore the full list: [36+ perimenopause symptoms we treat](#)

But It Goes Deeper Than Symptoms

The symptoms are what you FEEL. But perimenopause is also changing things you CAN'T feel – silently, with no warning signs, in the background.



Above the waterline: hot flashes, mood swings, weight gain. You know about those.

Below the waterline: bone density declining. Heart risk rising. Insulin resistance building. Inflammation increasing. Collagen disappearing. All of it happening with zero symptoms until it's advanced.

This is why a real evaluation matters – even if you "feel okay."

Catching what's happening below the surface EARLY is the difference between preventing problems and managing them after they've developed.

Want the full picture? Read our [Menopause Readiness Guide](#) – it covers what a comprehensive evaluation actually looks at.

Perimenopause vs. Menopause – What's the Difference?

These terms get used interchangeably, but they're actually three different stages:

Perimenopause – The Transition

This is the active phase. Hormones are fluctuating wildly – surging, crashing, doing unpredictable things. This is when most symptoms happen. It can last 4–8 years and start as early as your mid-30s. This is where the chaos lives.

Menopause – The Moment

Technically, menopause is ONE specific point in time: the day you've gone 12 consecutive months without a period. That's it. One day. Everything before it is perimenopause. Everything after it is postmenopause.

Postmenopause – Everything After

Your hormones have stabilized at their new (lower) baseline. Many symptoms improve. But the silent changes – bone loss, cardiovascular risk, metabolic shifts – continue. This is why ongoing support matters even after symptoms ease.



The part most women don't realize:

The WORST symptoms usually happen during perimenopause – the transition – not after menopause. And that's exactly when most doctors are least likely to check your hormones, because you're "too young for menopause." You're not too young. You're in the transition. And the transition is where intervention matters most.

Why Your Doctor Might Have Missed It

This isn't about your doctor being bad. It's about a system that isn't built for this.

- The average doctor's visit is 10-15 minutes – not enough time to connect 5+ symptoms to one root cause
- Most standard panels check 3-5 markers. Perimenopause requires 15+ to see the full picture.
- FSH (the test most doctors use to "check for menopause") fluctuates so much during perimenopause that a single reading is nearly meaningless
- "Normal" lab ranges are so wide that you can be deeply symptomatic and still technically "fine"
- Many women leave with an antidepressant prescription without a single hormone level being checked

"You're not imagining it. The evaluation just wasn't deep enough."

What a Real Evaluation Looks Like

At Pause + Reset, we evaluate 5 body systems – not 3 lab markers:

- ✓ Your hormonal foundation – what's shifting and how fast
- ✓ Your thyroid function – the full picture, not the basic screening
- ✓ Your metabolic health – catching insulin resistance before it becomes diabetes
- ✓ Your inflammation status – the silent amplifier behind most symptoms
- ✓ Your nutrient levels – ruling out deficiencies that mimic hormonal symptoms

30-45 minutes with a provider who actually listens. Functional optimal ranges – not the wide "normal" range. A protocol built for YOUR body. And follow-up testing to make sure it's working.

Learn more about our approach: [bioidentical hormone therapy](#) | [comprehensive hormone evaluation](#) | [functional medicine](#)

Serving women in [Atlanta](#) and nationwide via telemedicine.

Ready to Feel Like Yourself Again?

Two ways to start – depending on where you are right now.

 **Send this to someone who needs it.**

You know who she is. The friend who keeps saying "I don't know what's wrong with me." The sister who can't sleep. The coworker who seems different. Sometimes the best thing you can do is say "read this."

CURIOUS ABOUT US?

Free 10-Minute Call

Talk to someone who understands. Ask questions. No pressure, no pitch – just answers.

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Free · 10 minutes · No obligation

READY TO UNDERSTAND YOURSELF?

\$69 visit with Dr. Nina

30 minutes. Labs reviewed. Options explained. Your questions answered by an expert who gets it.

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