



OPTIONS CENTER HEALTH TOPIC



PREMENOPAUSE SYNDROME

Note: the following information is taken from the lectures of Dr. Janet R. Lang, DC.

Definitions

Premenopause Syndrome is a term coined by John Lee, MD, to describe the increasing female hormonal problems and irregularities that occur up to 10-15 years before menopause. The symptoms of this syndrome are usually those of Estrogen Dominance.

Perimenopause refers to the two or three years around the onset of menopause.

Menopause

- ✓ A normal stage in a woman's life in which she ceases to have menstrual periods.
- ✓ This usually occurs around the late forties or early fifties, but may happen earlier or later.
- ✓ Menopause is considered "official" when no periods have occurred for 12 consecutive months.
- ✓ In addition, FSH and LH levels will be elevated and remain elevated at menopause.
- ✓ Although menopause should be a gradual, asymptomatic, natural transition, in industrialized countries it is often anything but!

The Problems with Conventional Hormone Replacement Therapy (HRT)

PREMARIN (also called conjugated estrogens) is a word composed from Pregnant Mare's Urine. This horse estrogen is the most commonly prescribed estrogen in the world. It is also the form of estrogen most commonly used in research, including taxpayer-funded research. This means that most of what we think we know about "estrogen replacement" in women is actually about horse estrogen "replacement" in humans.

Side Effects of Premarin

- Heavy menstrual bleeding, cramping
- Breast tenderness
- Fluid retention, edema, weight gain, increased fat storage
- Headache, migraine
- Depression, anxiety
- Glucose intolerance, Insulin Resistance

Progestins

PROGESTINS are chemical or drug imitations of progesterone, with disturbing side effects.

- They suppress production of natural progesterone in the body.
- They disrupt the steroid hormone pathways, which can cause both immediate and/or insidious undermining of both adrenal and gonadal function.
- Since the steroid hormone pathway is fundamental to energy and vitality, these drugs are usually a prescription for chronic fatigue (and probably fibromyalgia.) This is not conventionally recognized.
- The myriad side effects:
 - Depression
 - Anxiety, nervousness
 - Fatigue, leading to chronic fatigue over time
 - Fluid retention and breast tenderness, weight gain
 - Migraine
 - Coronary artery spasm
 - Angina, palpitations
 - Menstrual irregularities, spotting
 - Glucose intolerance; promotes Insulin Resistance
 - General edema

Evaluations & Corrections

Expanded Female Hormone Panel, a non-invasive functional test using saliva, that determines your current hormone levels. The lab returns a report showing the natural supplements that will help balance your hormone levels to prevent problems as you go into menopause.