



BlueResource<sup>SM</sup> – Protecting Your Health – Easing Perimenopause

## Ready for Adult Puberty?

Hot flashes. Night sweats. Dryness. Waves of sadness. Not to mention changes in your cycle. They're all caused by wild changes in your hormones. It's also your body's way of telling you you're approaching an important milestone — the end of your fertility. Be proactive.

**Talk to your doctor.** See if estrogen replacement therapy might be right for you. Try it in pill, patch, spray, gel or cream to treat hot flashes, night sweats and vaginal dryness.

**Bone up on bone health.** Add weight-bearing activities like walking and strength training to your fitness routine to prevent bone loss. Get 1,000 to 1,200 mg of calcium daily.

**Eat nourishing foods.** Keep weight gain and brittle bones at bay with lean proteins, fruits, veggies and whole grains. Skip caffeine and alcohol for fewer hot flashes and better sleep.

**Pamper delicate areas.** Try over-the-counter water-based lubricants and moisturizers to ease vaginal dryness. Avoid ones made with glycerin that can sting or burn.



Nurture your body to soothe symptoms.

Sources: *Perimenopause*. Mayo Clinic. 2024.  
*Perimenopause*. John Hopkins Medicine. 2024.

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