

Could It Be...Perimenopause?: How Women 35-50 Can Overcome Forgetfulness, Mood Swings, Insomnia, Weight Gain, Sexual Dysfunction And Other Telltale Signs Of Hormonal Imbalance By Steven R. Goldstein

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How Long Does Perimenopause Last? The average length of perimenopause is 4 years, but for some women this stage may last only a few months or continue for 10 years.

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Perimenopause is a relatively new term coined by the medical community to describe symptoms that occur as a woman moves closer to menopause. See if you can

how women 35-50 can overcome forgetfulness, mood swings, insomnia, weight gain, sexual dysfunction, and other telltale signs of hormonal imbalance

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Could It Be the Transition to Menopause? Then there's this other phase called perimenopause. And that, although it can begin earlier in some women.

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Steven R. Goldstein is the author of *Could It Be Perimenopause?* (3.60 avg rating, 15 ratings, 5 reviews, published 1998), *Estrogen Alternatives* (3.00 a

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