

What Is Perimenopause? | Dr.Sara Gottfried & Dr. Andrew Huberman

<https://silosolo.com/664876>

Summary

Perimenopause is the period of time before the final menstrual cycle, which can last for up to 10 years. During perimenopause, there is a significant change in cerebral metabolism, resulting in a 20% decline in glucose uptake. Symptoms of perimenopause include hot flashes, night sweats, difficulties sleeping, anxiety, and changes in cognitive function. Biomarkers associated with perimenopause include hot flashes, night sweats, increased bone loss, and changes in cerebral metabolism. Hormone therapy is recommended during perimenopause to manage symptoms and reduce the risk of conditions like Alzheimer's disease.

Silo sample questions

- What is perimenopause?
- What changes occur in the female brain during perimenopause?
- What are the symptoms of perimenopause?
- What are the biomarkers associated with perimenopause?
- Is hormone therapy recommended during perimenopause?

Topics

Perimenopause
Cerebral metabolism
Symptoms
Biomarkers
Hormone therapy

Key Takeaways

- Perimenopause is the period of time before the final menstrual cycle and can last for up to 10 years.
- There is a significant change in cerebral metabolism, with a 20% decline in glucose uptake.
- Symptoms can include hot flashes, night sweats, difficulties sleeping, anxiety, and changes in cognitive function.
- Biomarkers include hot flashes, night sweats, increased bone loss, and changes in cerebral metabolism.
- Hormone therapy can be beneficial for managing symptoms and reducing the risk of conditions like Alzheimer's disease.

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