

Functional Medicine Clinic in Toronto Explains Perimenopause

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TORONTO, ON - July 07, 2023 -
Toronto Functional Medicine Centre in Toronto, ON, Canada, has released a new blog post where the clinic explains what perimenopause is and how functional medicine practitioners may help. Perimenopause, which is also known as menopausal transition, is that period of time when physiological changes indicate a progression towards a woman?s final menstrual period (FMP). This starts with irregular menstruation and continues until the woman reaches menopause.

Perimenopause, which is the period before menopause, may last for up to 10 years. It is during this time that the ovaries slowly begin to stop functioning, which is why at certain times, the woman?s monthly period may start to change both in length and in flow. The age when perimenopause starts varies by a wide range. Some women begin experiencing perimenopause during their 40s but others may start as early as in their 30s. Some of the clinical symptoms of perimenopause include: memory and concentration difficulties, hot flashes, mood swings, night sweats, vaginal dryness, frequent urination, and sore joints. These symptoms may be similar to that of PMS, which is why it is advisable to talk to a health practitioner, such as a functional medicine practitioner when experiencing such symptoms.

Hormone levels may increase or decrease during perimenopause, and because estrogen naturally protects against cerebrovascular issues, such as a stroke, perimenopausal women may have a higher risk of high blood pressure, including obesity, insulin resistance, higher levels of triglycerides, and increase in BMI.

Functional medicine practitioners can determine if a particular woman is indeed in perimenopause through a diagnostic session. Functional medicine testing may also be recommended to determine hormone levels. One such test is the dried urine (DUTCH) test that measures the quantities of hormones. They will then use the results of the tests to craft a personalized treatment plan for relieving perimenopausal symptoms.

Treatments may involve the use of bio-identical hormones and/or supplements, and making some lifestyle changes. Bio-identical hormone replacement therapy uses plant-based ingredients to help with hormonal deficiencies. Unlike synthetic hormones, bio-identical hormones may be efficiently metabolized by the body and the metabolites may not harm the female body.

To address specific symptoms, the functional medicine practitioner may recommend some vitamins, minerals, herbs, or nutrients. For instance, they may suggest Siberian rhubarb, which may reduce menopausal symptoms like anxiety and hot flashes. Supplementation may also be needed for vitamin A, magnesium, and the B vitamins because these tend to be deficient in perimenopausal women. For those who have digestive problems, IV therapy may be recommended.

Some lifestyle changes may also be recommended to relieve perimenopausal symptoms. They may advise a new sleep routine, weight management strategies, regular exercise, reducing stress levels, and avoiding certain habits, such as smoking, drinking too much caffeine, and more.

They want to emphasise that each patient?s journey towards optimal health can be circuitous, which is why a functional medicine practitioner will develop a personalized plan for each patient to rejuvenate both the body and the mind. Their collaborative team of practitioners employ the functional medicine model and integrative medicine concepts, especially when applying IV therapy. Thus, a person can benefit from different modalities for getting relief from chronic symptoms.

Those who are interested in getting more information about functional medicine, including a previous article where the functional medicine clinic explains adrenal fatigue, can check out the Toronto Functional Medicine Centre website or contact them through the telephone at (416) 968-6961 or by email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; from 10:00 am to 5:00 pm on

Tuesday and Thursdays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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