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irritable?



excited?



anxious?



uneasy?

## read on ...

By Dr. Cheryl Perlis

As women, we all face our fair (or, rather, unfair) share of aw-shucks. From frustrating moments in the home to unfortunate situations at work, the balance between Super Mom, Winning Wife and Co-Worker can be daunting. Add the mental and physical upheaval of, sigh, getting older to the mix, and it's not surprising to feel rather overwhelmed, uneasy and emotional as we age. Enter, perimenopause.

If you're a woman in your 40s experiencing a once-like-clock-work period that's now as inconsistent as your sex life, you might be noting the first signs of perimenopause. For most women, the initial triggers are:


- Hot flashes
- Depression
- Irritability
- Lack of sexual desire/sex drive
- Irregular periods
- Abnormal menstrual flow (heavier or longer than usual)

And we know what you're thinking: this sounds less than lovely. But the good news is better than the bad: Your physician can help.

Often, she can identify what is happening within your body to make this transition smoother. Depending on your symptoms, your doctor may suggest different remedies, hormone therapy (including bioidentical hormones), nutritional changes and lifestyle modifications.

It's important to embrace perimenopause, as it's a time where women have more freedom emotionally and physically. Having a physician you trust—like Dr. Cheryl Perlis and the staff at Perlis Wellness Center—is a vital component to coping with perimenopause. Dr. Perlis can evaluate the menstrual irregularities and help you identify the proper game-plan for progressing pleasurably.

If you have further concerns regarding your symptoms or any questions, contact **Perlis Wellness Center** at **847-295-5997**. In addition, for articles and updates on upcoming events, seminars and specials, subscribe to Dr. Perlis' monthly newsletter at [perliswellness-center.com](http://perliswellness-center.com) or emailing to Dr. Perlis at [perliswellness@yahoo.com](mailto:perliswellness@yahoo.com).

Perlis Wellness Center also provides aesthetic procedures to support women in their physical health from the inside out, including facial rejuvenation, Botox, dermal fillers, laser services and PureLipo. 



### DR. CHERYL PERLIS

Dr. Cheryl Perlis is a board-certified physician and the founder and medical director of Perlis Wellness Center in Lake Bluff. She strives to provide the nurturing, caring and compassion that each of her patients needs while providing the latest and most up-to-date medical care and aesthetic procedures. Perlis Wellness Center offers botox, dermal fillers and laser services, as well as PureLipo; Dr. Cheryl Perlis is the only physician in Illinois certified and qualified to perform PureLipo.

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