

Your pocket-sized companion for perimenopause



Issue 001
March 2024

Let's talk about it...

I never got any good advice from a doctor. Everything I did that worked, ie, helping with the hot flashes, dealing with the mood swings and the erratic periods, was because I did my own research and spoke to other women. - Naomi R, 70

Perimenopause came to me in a cascade of endless bleeding. Elektra was ultimately where I connected with real support and stopped bleeding like that. - Megan D, 46

My period comes every 3 days now! WTF?! It's like the song is building before the beat drops. - Michelle G, 39

Itchy feet at night is one of my bizarre symptoms. So itchy. - Dani S, 46

Dry ass everything and weird skin stuff. Also the brain fog. F THE BRAIN FOG. - Beth N, 45

"The perimenopause is an ill-defined time period that surrounds the final years of a woman's reproductive life."
N. Santoro, The Journal of Women's Health
perimenopause, noun, perimenopausal - men-pz, -men-; the period around the onset of menopause that is often marked by various physical signs (as hot flashes and menstrual irregularity)
Merriam-Webster Dictionary
Perimenopause, or menopause transition, is when your ovaries gradually begin to make less estrogen. It lasts until menopause, the point when your ovaries stop releasing eggs...It usually starts 8-10 years before menopause. It usually happens when you're in your mid-40s, but it can start in your 30s or earlier.
Web MD

As a transmasculine, non-binary person with a uterus, I don't even know if I'll experience perimenopause? Some sources say I will and some say I won't! Some articles even suggest that I may have experienced perimenopause-like symptoms already since I'm on testosterone. But one thing is for sure: no doctor of mine has ever brought up menopause for my situation. - Jayne Q, 33

My longtime GYN wasn't a fan of hormone replacement. I didn't find that out until I asked for it. I hit perimenopause around 49 and started getting a heavy period every two weeks and steep hormonal mood shifts that came with them. My GYN told me it was something I just had to get through and, by the way, it could be 10 years.

So I looked for a GYN who listed perimenopause and hormone replacement as a specialty. She talked to me right off the bat about HRT. First, we started with an IUD - Mirena. It delivers progesterin. That worked for about 8 months stabilizing the period, but never helped with the emotions. So my GYN added estradiol pills - and it was like flipping a switch. Period back to normal sked, lighter and my emotions were suddenly bearable.

TL;DR: If you don't like your doctor's answer, ask another doctor. - Liz N, 52

Why this zinc?

I've been feeling weird. Hormonal-weird. The amount of teas, workout programs, supplements, etc. being peddled to me on social media is staggering. I want to lift the conversation out of that space. Like most things related to the health and wellness of people who menstruate, we learn the most when we talk to each other and share experiences. This is a tiny space for sharing information, ideas, feelings and creative expression. Leave it on your table for your family or partner to see, hand it to a friend when you're done, set it tantalizingly atop the recycle bin for a passer-by.
Valerie L, 45

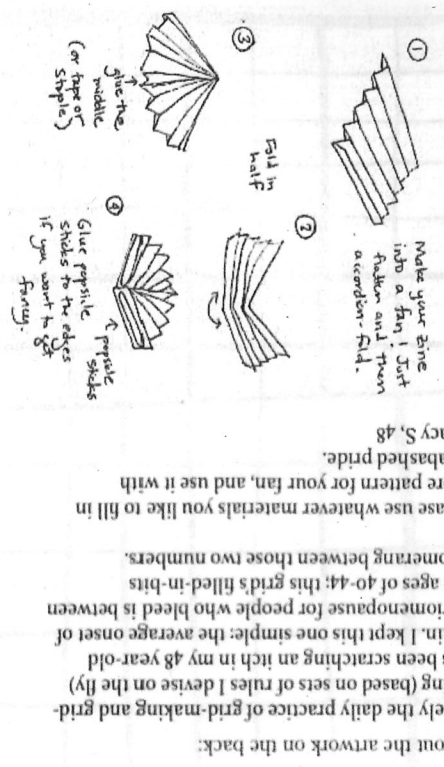
Drop by, say hi, comment and contribute to the fanclubzine.net next issue.

We'd love to include:
comics, personal essays, interviews, crafts, humor writing, playlists, poems, recommendations, advice, photos, collage, recipes, crafts...

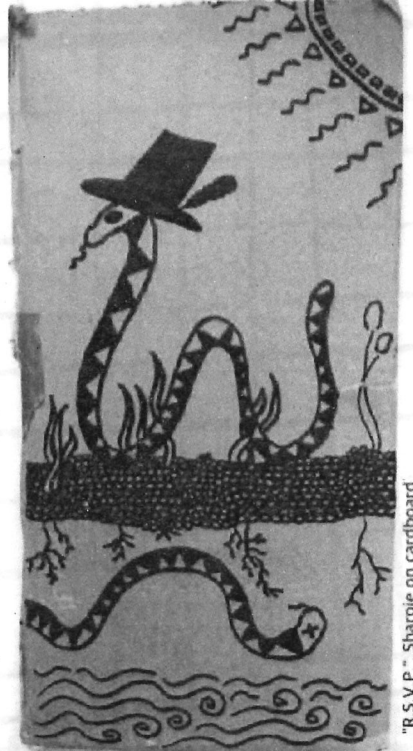


Julie's on the other side of menopause now and it's great!

Fan collection Julie C, 56

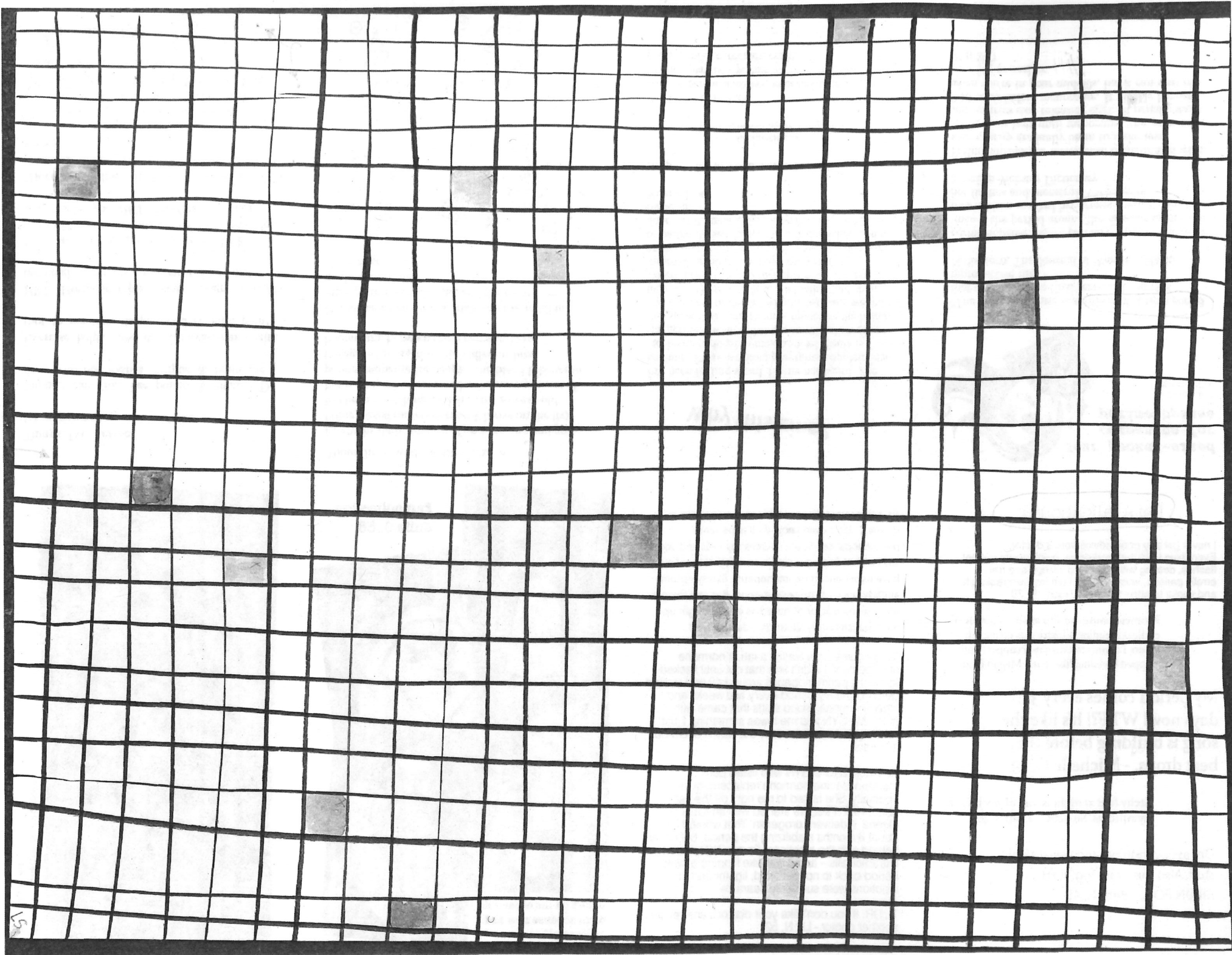


About the artwork on the back:
Lately the daily practice of grid-making and grid-filling (based on sets of rules I devise on the fly) has been scratching an itch in my 48 year-old brain. I kept this one simple: the average onset of perimenopause for people who bleed is between the ages of 40-44; this grid's filled-in-bits boomerang between those two numbers.
Please use whatever materials you like to fill in more pattern for your fan, and use it with unabashed pride.
-Lacy S, 48



"R.S.V.P.," Sharpie on cardboard by Anjali K, 44

Things I've Learned (as a perimenopausal midwife):
Supplements (like bee pollen & vitamin D) help with hot flashes, fatigue & brain fog
Exercise helps bone & cardiovascular health (not to mention sleep, mood & joint pain)
HRT (Hormone replacement therapy) benefits outweigh the risks for almost everyone!
Most health care providers know VERY LITTLE about menopause (if your provider won't offer you HRT, find another one)
"Hormone testing" is basically worthless (but checking things like thyroid levels has value)
Check out all the virtual care startups specializing in menopause - Midi, Elektra Health, Stella and Gemey, Evernow, Upliv, Maven & Parsley Health!
- Katie Sigler, CNM



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