



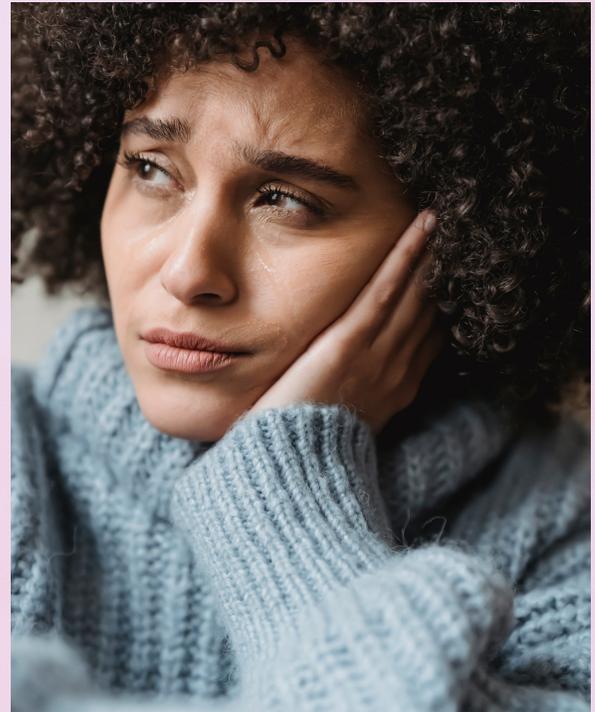
ARC Mental Health Information Series

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Perimenopausal Depression

Perimenopause is the transition that females go through prior to menopause.

It causes abnormal menstrual periods, erratic fluctuations in hormone levels, and insomnia. Research studies found that perimenopausal women were four times as likely to develop depressive symptoms as women who hadn't gone through perimenopause.



The fluctuating hormone levels associated with perimenopause are thought to play a role in developing depression.

Symptoms

- Fatigue and lack of energy
- Slowed cognitive function
- Inattentiveness
- A lack of interest in once-enjoyable activities
- Feelings of worthlessness, hopelessness, or helplessness
- Mood swings
- Irritability
- Crying for no reason or tearfulness
- Heightened anxiety
- Profound despair
- Sleep problems related to hot flashes or night sweats



Risk Factors

- A family history of depression
- A prior history of sexual abuse or violence
- Negative feelings about aging and menopause
- Severe menopausal symptoms
- A sedentary lifestyle
- Smoking
- Social isolation
- Low self-esteem
- Disappointment in not being able to have any more children (or any children)
- Hot flashes and their impact on sleep patterns were also implicated in research.
- Stressful life events such as a divorce, job loss, or the death of a parent are common occurrences for people in this stage of life. These events may also trigger depression.

Treatment

- Antidepressant medication
- Hormone-replacement therapy
- Cognitive-behavioural therapy
- Regular exercise
- Sleep hygiene routines
- Practicing mindfulness
- Supplementation with Valerian and Vitamin B

Resources available

AMI Quebec (514) 486-1448 www.amiquebec.org

Friends for mental health (514) 636-6885 www.asmfmh.org

Com'femme 6035 Adam St., Brossard, QC J4Z 1A9
Telephone: (450) 676-7719 Website: www.comfemme.org

Psychosocial support available at your local CLSC and through your primary care physician.

CLSC St-Hubert (450) 443-7400

CLSC Brossard (450) 445-4452

CLSC St-Jean-sur-Richelieu (450) 358-2572

CLSC Richelieu (450) 658-7561

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