

Information about Perimenopausal pregnancy 08/12/20

Getting pregnant becomes more difficult as you age, especially if you already have your family established and are in full swing at your job. Sometimes these things can happen unexpectedly, thus leaving women with no idea about how to go through such a significant life change while another part of their life starts to change drastically, all at the same time. On the other hand, some women have been waiting to conceive a child for a few years and now finally proved successful. So if you see someone around you have a child in their later years, this must mean they have been trying very hard to become mothers. When conceiving a child while transitioning into perimenopause, it can be more difficult as women start to ovulate less and less. But although it can be challenging, it's not impossible, and many women are taking on this new chapter of life, all while starting another.

Let's get the big answer out of the way. Yes, you can still conceive a child during perimenopause. It's widely known that as women age, so do our eggs, and the amount of them decreases as well. Because of that, it makes it more difficult to conceive, but it's still very possible to do so. However, some women nearing the menopausal transition can sometimes develop chronic diseases like high blood pressure, diabetes, or even heart disease that can make pregnancy challenging. And with the stressors of your health, your home life, your family, work, and your relationships, that could add another layer of concern if you already established your life with kids. Stress caused by increased cortisol levels is never good for anyone at any age.

What Is Perimenopause?

Perimenopause is defined as the years or even months before the start of menopause. It is the time before you completely stop ovulating and stop having menstrual cycles for a whole year. Think of it as the time your body is preparing and conditioning itself for the menopausal transition. This life change, however, is not created equal. Some may only experience perimenopause for just a few months, while for others, they can go through this phase for more than five years.

Now, on top of maneuvering around this considerable life change while also dealing with other stressors in your life, just know during this stage, you may have symptoms similar to those women already in menopause. Symptoms can include vaginal dryness, hot flashes, mood swings, insomnia, and brain fog. It can be a lot to take in especially when pregnant, so be sure to be in constant contact with your healthcare provider and make sure to do things in your daily routine that can help make things a bit easier for you during this time. Try to relax and don't take on more than you can handle. We know most women are often wired to want to take on the world, but it's ok to tackle one thing at a time.

When looking more into the transition, be aware that if you have missed a period, it might point to signs of pregnancy, or also to the start of perimenopause. Medical attention would be best in this situation to determine what your body is really telling you. Blood tests can help determine which is your case, and speaking with your doctor about fertility as you age is encouraged. Most women make assumptions about their fertility and age. Still, as you age fertility or lack thereof is a gradual change, so your fertility might have already decreased significantly by the time you reach perimenopause. Do not assume anything about your fertility until you speak with your healthcare provider.

Your fertility is affected by continual shifts in your hormones, which start to appear more and more during perimenopause. What you do in your daily life can take a toll on your fertility as well. Are you already a busy mother? Does your job regularly leave you stressed? Is your day to day life causing issues with your mood, blood pressure, and even affecting your sleep? All of this can also take a toll on your fertility. But do not be discouraged, it is known that you can conceive a child naturally until your

mid-fifties if you still want that to be a part of your family plan. However, be sure to speak with your doctor about any possible risks and complications that can arise for it.

Pregnancy Risks In Perimenopause

If conception is challenging for even younger women, then conceiving, as well as giving birth to a healthy child, could be difficult as well the more you age. Due to hormonal shifts and lower quality eggs in a woman's later years, miscarriages are more common, and also the risk of having a child with congenital disabilities increases as well. These might include Down syndrome, which appears because of an error in genetic code. Overall, studies show that pregnancy is considered as high risk in perimenopause.

You already have enough on your plate if you are already a mother, and even more, if you have health problems as well, like high blood pressure, heart disease, if you suffer from seizures, or have diabetes. So not only can home life be difficult, but carrying a baby full term might complicate things even more. Also, think about the possibility of your baby being born prematurely, which can happen in some cases with older mothers.

Be aware of the risks and complications of pregnancy in perimenopause and speak with your doctor about having a child in your later years if it is still something you wish to move forward with and pursue. In this day in age, women have options, and those options have made it possible for most women to expand their family.

Is There Help for Women Wanting Children?

It is a reality for many women that ultimately, it will be too late to conceive a child naturally at some point in their lives. However, if you are unable to do so, there are still options for you. First, there are always fertility treatments for those who wish to expand their family even more. Treatments can include oral medications and even hormone injections that can help with fertility issues during your older years. It also seems that the donation of the oocyte is a reliable treatment option as well.

Think for a moment about if you had any health issues in your younger years that followed you into your older age that could cause infertility. Busy mothers barely have time for themselves taking care of their families, and keeping up with their jobs. It's hard to take the time to care for one's own health the way we all should. Your gut health, for example, could help with fertility, and keeping the microflora of your gut in good health can be beneficial to your overall health.

The Lactobacillus species, for example, is a perfect type of good bacteria that can help maintain the pH level of your vagina and supplementing with this good type of bacteria with food or a supplement could also help with fertility and also reduce inflammation, manage weight, and even help treat infections. As a woman, you always have options.

Where to Get Probiotics for Improving Fertility

You can always get what you need from probiotic-rich foods like live yogurt, sauerkraut, kimchi, pickles, kombucha, tempeh, and even miso. But we all know that many women, especially those who are already mothers, caretakers, and even those with full-time, demanding jobs don't always get the

amount needed for the full benefits. In which case, probiotic supplements are necessary to support the probiotics needed for optimal health.

MenoLabs has created a line of probiotic supplements to help women with fertility issues in menopause. We understand that being a woman can be challenging, especially as we age. Being a woman with a full-time job, a full-time family, and entering the beginning stage of a significant life change can really throw you for a loop. Trust in something meant to help you along the way to help with your health if you choose to expand your family or not. Apart from addressing fertility, these probiotics could also help with other symptoms you may have during perimenopause. Those include hot flashes, weight gain, mood swings, skin problems, and so on. Take control over your symptoms and live better while approaching menopause.