

Estrogen's Storm Season—updated Table and Diagram for the 2007 edition from the 2017 ebook edition

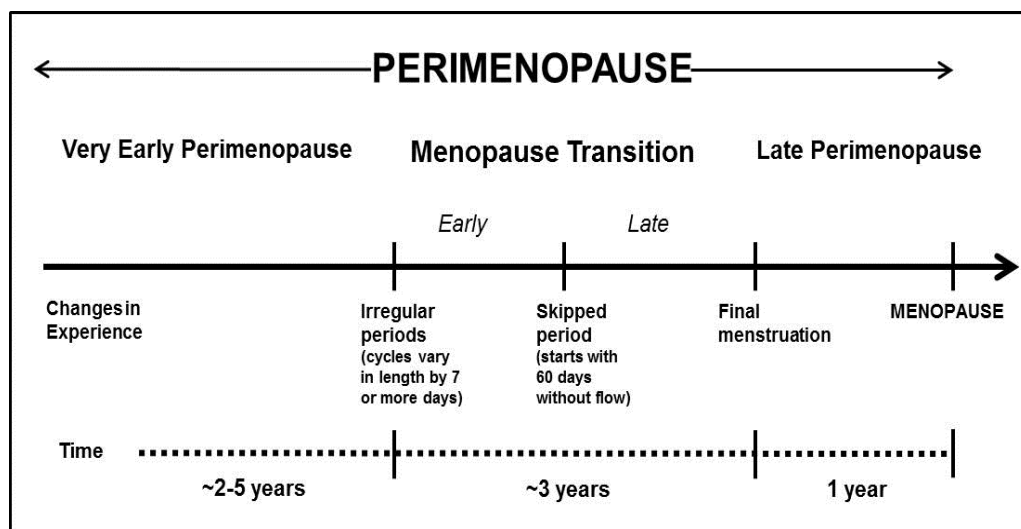
In 2017, in an effort to make this book available beyond a Canadian audience, Dr. Jerilynn Prior created an updated ebook version. Although the information remains largely unchanged, the Table of Experience Changes to make a “diagnosis” of perimenopause and the Phases of Perimenopause diagram (on p.27) have now been updated.

Research has confirmed what this book called “Perimenopause Phases C and D”. However, with the official Stages of Reproductive Aging Workshop (STRAW)¹ held with experts in 2012, Phases C and D are now respectively called the **Early** and **Late Menopause Transition**. It also now named **Late Perimenopause** as the year after the last menstruation; that was present but unnamed in this book’s figure.

The official STRAW consensus update in 2012 still does not recognize that Perimenopause begins, *despite regular cycles*, when women start having typical new experiences like night sweats. In fact, any three of the changed experiences in the **Table** can make the “diagnosis” of Very Early Perimenopause² in women ≥ 35 with regular cycles. Dr. Prior originally wrote *Estrogen's Storm Season* so women would know of **Very Early Perimenopause**; that’s why six of eight women in these stories are still *regularly menstruating*. What many authors have now shown, but that Santoro³ and Prior⁴ first documented, is that *hormone levels have already changed* by the time women with *regular cycles become symptomatic*. These hormone changes are paradoxical—rather than dropping, *estrogen levels are higher than in women without problematic changes* and *progesterone levels are lower*.

Please, as you read this book, refer to the **Table** and the **Phases of Perimenopause** in this diagram.

Table: Making a Diagnosis of Perimenopause with ≥ 3 changes



- (1) Harlow SD, Gass M, Hall JE et al. Executive summary of the Stages of Reproductive Aging Workshop +10: addressing the unfinished agenda of staging reproductive aging. *Climacteric* 2012;15(2):105-114.
- (2) Prior JC. Clearing confusion about perimenopause. *British Columbia Medical Journal* 2005;47(10):534-538.
- (3) Santoro N, Rosenberg J, Adel T, Skurnick JH. Characterization of reproductive hormonal dynamics in perimenopause. *J Clinical Endocrinol Metab* 1996;81:1495-1501.
- (4) Prior JC. Perimenopause: The complex endocrinology of the menopausal transition. *Endocrine Reviews* 1998;19:397-428.

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