

Thriving Through Perimenopause & Menopause



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Start your Journey! 



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My Perimenopause Awakening

I realized I was in perimenopause just recently.

In my early 40s, I began experiencing anxiety—something I had never dealt with before.

I've always been laid-back, calm, and grounded, so this shift felt foreign. I blamed it on a high-pressure hospital medicine job, balancing motherhood, launching a business, and not having time for the things I love like gardening, hiking, or laughing with friends.

But the truth? I was entering perimenopause.

And I didn't realize that hormone replacement therapy (HRT) could help me. I wasn't "in menopause," so I didn't know that progesterone could support issues like poor sleep, mood swings, and anxiety.

Let me walk you through what I've learned—both as a woman and a physician.

Next: Am I in Perimenopause or Menopause? →

Am I in Perimenopause or Menopause?



Perimenopause can begin as early as your late 30s or early 40s, and it's a rollercoaster of fluctuating hormones, even if you still get periods. Estrogen and progesterone levels shift, and Anti-Müllerian hormone (AMH) drops. You may notice subtle or extreme changes. Don't ignore them.

Fact: Perimenopause is one of the most symptomatic and volatile phases in a woman's life. Waiting for menopause to get help isn't the answer.

The 4 Stages of Hormonal Transition

Stage 1:

Early Perimenopause (late 30s–early 40s)

Symptoms

- Sleep disturbances
- Night sweats
- Mood swings and irritability
- Breast tenderness
- Fatigue
- Increased PMS
- Fibroids
- Heavier or lighter periods
- Changes in libido

Stage 2:

Mid Perimenopause (mid 40s)

Symptoms

- Skipping periods
- Hot flashes and night sweats
- More intense anxiety/depression
- Vaginal dryness
- Weight gain
- Worse sleep

The 4 Stages of Hormonal Transition

Stage 3:

Late Perimenopause (late 40s–early 50s)

Symptoms

- Body fat increase
- Rising blood pressure
- Higher LDL cholesterol
- Insulin resistance and prediabetes
- Vaginal discomfort and UTIs
- Osteoporosis
- Brain fog
- Decreased sexual interest

Stage 4:

Menopause (usually early–mid 50s)

Defined as no period for 12 months

Symptoms

- Persistent hot flashes and sleep issues
- Vaginal and sexual health changes
- Bone loss
- Mood instability (often milder than perimenopause)
- Memory challenges

Why Should I Care?

Because untreated symptoms can lead to serious, long-term health issues:



Diabetes & Insulin Resistance:

Women in perimenopause have higher rates of undiagnosed prediabetes.



Sleep Disturbance:

Poor sleep increases abdominal fat and affects metabolism, immunity, and mood.



Heart Disease & Stroke:

Sleep apnea and insomnia worsen cardiovascular outcomes.



Cognitive Decline:

Vasomotor symptoms (hot flashes) are linked to increased risk of dementia.



Bone Health:

Estrogen loss increases the risk of osteoporosis and fractures.

What can you do?

(Solutions for Every Woman)

1.

Talk to a Knowledgeable Doctor

Hormone replacement therapy is safe and effective when started around the onset of menopause—especially using bioidentical hormones. It supports heart, brain, bone, and metabolic health.

2.

Work with a Functional Medicine Specialist

Functional medicine doctors like myself treat root causes, not symptoms. We look at the whole person to restore hormone balance naturally and holistically.

3.

Eat Real Food

If your grandma wouldn't recognize it, don't eat it. Stick to whole, unprocessed foods. Avoid endocrine-disrupting chemicals and eat to support metabolic and hormonal balance.

*Check out my [**10 + 20 Program**](#) for a comprehensive nutrition reset designed for longevity and hormone balance.*

What can you do?

(Solutions for Every Woman)

4.

Move Daily

Exercise is medicine. Resistance training helps preserve bone and muscle, while cardio supports heart health. Mind-body practices like yoga, Pilates, and Tai Chi calm the nervous system and balance hormones.

5.

Practice Mindfulness & Breathwork

Paced breathing (*inhale 5s, hold 10s, exhale 5s*) twice a day for 20 minutes can reduce hot flashes and calm the nervous system. CBT, meditation, acupuncture, and Tai Chi are all research-backed tools for symptom relief.

6.

Build Connection & Community

Longevity is tied to strong social bonds and mental resilience. Feeling supported and spiritually aligned improves both mental and physical health. Mind and body are deeply intertwined.

What can you do?

(Solutions for Every Woman)

7.

Prioritize Sleep (7–9 Hours/Night)

Quality sleep regulates hormones, reduces inflammation, supports metabolism, and prevents chronic disease.

My [August 2024 blog](#) explores the sleep-obesity link.

[Subscribe](#) to read more.

8.

Use Supplements Wisely

Some of my favorite hormone-supporting supplements:
(based on research and clinical results)



Fenugreek seed extract

–Improves metabolism and hormone production



Ginseng root

–Boosts energy and hormone response



Eurycoma root

–Supports libido and vitality



Zinc

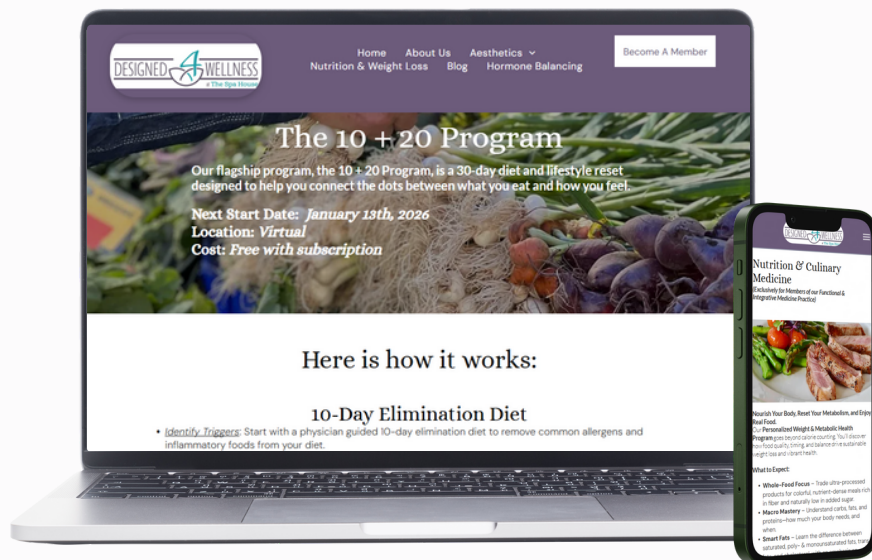
–Supports testosterone balance and immune health

REMEMBER! →

Always consult with a functional medicine doctor before starting new supplements.

Reset your Hormones now! →

Ready to Reset your Hormones?



Our 10 + 20 Program is a science-backed lifestyle and nutrition protocol designed to help you:

- Balance your hormones
- Lose weight naturally
- Reduce inflammation
- Improve energy and sleep
- Reclaim your vitality

Learn more at: www.designed4wellness.us

About Dr. Gaye



Dr. Bilkisu Gaye is a board-certified physician in Internal Medicine and Obesity Medicine, with over a decade of experience helping patients reclaim their health. She has advanced training in Anti-Aging, Longevity, and Aesthetic Medicine.

She is the co-founder of Designed4Wellness, an integrative anti-aging clinic that specializes in:

- Functional weight loss
- Hormone balancing (men & women)
- Gut healing
- Root-cause diagnosis and treatment
- Preventive and lifestyle medicine

Dr. Gaye believes in treating the whole person—not just the symptoms—and empowering patients with knowledge and tools to take charge of their long-term health.

When she's not transforming lives, she enjoys yoga, meditation, hiking, gardening, and spending time with her husband of 20 years and their two sons.

Fun fact: She was a synchronized swimmer at the University of Georgia!



Designed4Wellness is a subscription-based practice currently open to seeing patients in Georgia.

Patients receive personalized care with an emphasis on longevity, lifestyle medicine, hormone health, and disease prevention. This model allows for deeper physician-patient relationships and more effective, continuous support.

Follow Dr. Gaye on social media for expert hormone and longevity tips, recipes, and daily inspiration.



Instagram: [@designed.4.wellness](https://www.instagram.com/designed.4.wellness)



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This isn't just about surviving.
It's about thriving—beautifully and boldly—
through every stage of womanhood.

