

Headaches or migraines?

Fluctuating levels of hormones, particularly a dip in estrogen levels, can bring on headaches and trigger migraines for many people. This could be a sign of the perimenopause or menopause.

Headaches or migraines, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

Half the population will go through the menopause. Change is inevitable but how you handle it isn't.

For evidence-based information and support during your menopause journey, download our free *balance* app on the App Store or Google Play.

balance
the menopause support app
by Dr Louise Newson

