

The Menopause & Your Skin

Lots of women tell me about their skin, hair, and nail changes that they experience during their perimenopause and menopause. One of the most common complaints is skin feeling dry and itching. This is often alleviated by moisturising more often and using a more hydrating cream.

Did you know?

1. As your oestrogen levels drop your skin thins and you are more prone to bruising and skin tears.
2. The blood supply to the skin becomes impaired leading to dry skin, itching and rashes.
3. Hair thins, and your hairline can recede. Hair can break and curly hair can become straighter.
4. The hormone imbalances can lead to unwanted hair growth on your chin and above your lip.
5. Several studies show women lose 30% of their skin collagen in the first 5 years of their menopause and this can lead to slack skin, wrinkles and widening of pores.
6. Acne can develop on your face, back and chest.
7. The PH of your skin changes and can lead to more sensitive skin.
8. Existing skin conditions such as eczema, rosacea and psoriasis can worsen.
9. Nails can become dry, brittle, prone to breakage and may not grow as well as they did.
10. 'Hyperpigmentation' or dark patches and 'age spots' can develop on your skin, especially your face and arms.
11. Sun damage - this is built up over a lifetime however it becomes more prominent during the menopause.

So what can you do?

1. Apply sunscreen or a moisturiser with SPF 30. At least daily.
2. Eat well, include Vitamin C, Vitamin D and plenty of protein in your diet. Anti-oxidants are vital for optimal skin health.
3. Consider collagen supplements.
4. Use cleansers and a moisturiser with hyaluronic acid in.
5. Drink plenty of water and minimise alcohol and caffeine which can dry out your skin.
6. Always get skin lesions that change colour, shape or texture checked out with a health care professional.
7. Hair loss can be a sign of iron deficiency or thyroid problems so ask your health care professional for a blood test if you are concerned.
8. Baths and hot showers can dry out your skin more.
9. Exercise boosts circulation and the extra blood flow and oxygen that your skin gets will help it look brighter and healthier.
10. Get plenty of sleep, aim for at least 8 hours a night.
11. Wear your sunscreen! This needs to be applied throughout your lifetime to sun exposure, and avoid sun-beds.

Finally, remember HRT contains oestrogen and not only will it help your skin, hair and nails but it will also help other symptoms and help protect your bones, heart and brain.