



Get Connected!



www.maybeitsmenopausemayhem.com



[Maybe_its_menopause_mayhem](https://www.instagram.com/maybe_its_menopause_mayhem)



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WELCOME!

This info sheet is part of a menopause symptoms series created alongside my podcast *Maybe it's Menopause Mayhem*.

It's here to share the key headlines in a clear, easy-to-understand way — so you can feel a little more informed, a little less alone, and a lot more supported.

THE FACTS

1: It's a common symptom!

Around **50%** of women will experience heart palpitations during perimenopause and postmenopause!

2: Why does it happen?

The main reason some of us get hit with this symptom is **fluctuating and/or decline estrogen**.

Other factors can include:

- stress
- anxiety
- hot flashes
- poor sleep
- caffeine and alcohol

HOW DOES IT FEEL?

The Rapids



No, not talking about a water park ride! Heart palpitations may cause a rapid, fluttering or pounding heartbeat.

Skip to the beat



Another common element, of this symptom is a skipped heartbeat.

Forcefully irregular



You might feel a sensation of your heart beating forcefully or irregularly.

IMPORTANT

Menopause is just one reason you may experience heart palpitations; please don't just assume - rule out other causes, get it checked out. Not sure? See page 2 for more!

TOP TIPS!

Lifestyle: Stay hydrated, reduce stimulants (caffeine, nicotine, alcohol)

Nutrition: Magnesium, calcium & potassium are your friends!

Manage that stress & anxiety: practice deep breathing, mindfulness and yoga. Cognitive Behavioural Therapy (CBT) is also known to help

Sleep and Activity: Create a bedroom that aids good sleep - keeping it cool & dark

Immediate Relief: Sit or lie down, slow deep breaths, a splash of icy cold water on the face!



WHAT'S NORMAL VS WHAT TO GET CHECKED

OFTEN MENOPAUSE-RELATED PALPITATIONS:

- Short-lived
- Come & go
- Linked to stress, anxiety & hot flushes
- Settle with rest & breathing

GET CHECKED IF YOU EXPERIENCE:

- Chest pain or pressure
- Fainting or dizziness
- Shortness of breath
- Lasting a long time or worsening

Good, reliable reading & support



Menopause Specific Guidance:

[NHS: Palpitations & Heart Symptoms in Menopause](#)

Heart Palpitations & General Heart Health

[British Heart Foundation - palpitations explained](#)

Women, Hormones & Heart Health

[Harvard Health - Hormones & Heart Health in Women](#)

Mental Wellbeing

[Mind UK - Mental Wellbeing support](#)



Track your symptoms

Time of day

Food/Drink before

Stress levels

Sleep quality

Maybe It's
**MENOPAUSE
MAYHEM**

