

# Caring for Your Skin in Menopause

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## Overview

The period after your menstrual cycle permanently stops is known as menopause. In addition to the ending of your period, many people also experience changes to their mood, hair, and skin.

Treating the symptoms of menopause can help lessen the severity of the effects. If you're experiencing changes to your skin, including dryness and a loss or thinning of your hair, here are some tips from a board-certified dermatologist to help.



## What are the Changes to Your Skin During Menopause?

Symptoms of menopause can vary from one person to the next. In general, the period of menopause results in a decrease in collagen production.

Studies show that collagen can decrease by approximately 2% annually after the onset of menopause. This results in a decrease in skin elasticity, moisture, firmness, and an increase in wrinkles.

Some common changes to your skin during menopause include:

1. Acne

The fluctuation of hormones that occur during menopause can cause acne to develop in some people.

2. Thinning and bruising of your skin

Loss of collagen leads to thinning of the skin, which can make it easier to bruise.

3. Loss of hair

Thinning of the hair, along with a receding hairline, are all common during menopause.

4. Wrinkles and Aging

A loss of collagen production results in the skin losing its elasticity, making it more prone to sagging during menopause.

## **Treatment for the Symptoms of Skin Changes due to Menopause is Safe When Performed by a Board-Certified Dermatologist**

Depending on the severity of your menopausal symptoms, your board-certified dermatologist may prescribe one or more of the following treatments to treat your symptoms.

Common treatments for your skin and hair during menopause include:

- **Laser treatments**

Laser therapy can be an effective form of treatment for menopause. It can reverse the signs of aging that occurs as a result of changes to your hormone levels during menopause, as well as be prescribed for thinning hair.

- **Exfoliation**

Seeing a board-certified dermatologist is key as menopause causes the skin to be thin, resulting in not-so-great results if tried at home.

- **Use sunscreen**

Limiting your sun exposure and using sunscreen can help minimize the signs of aging that come with menopause and the decrease in collagen and elastin production.

- **Prescription-based retinoid**

For people experiencing adult acne that can happen during menopause, your board-certified dermatologist may prescribe a prescription-strength retinoid cream to tackle your symptoms.