

## FOR IMMEDIATE RELEASE

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### 5 WAYS TO PREVENT MISDIAGNOSIS IN PREMENOPAUSAL AND MENOPAUSAL WOMEN

SANTA BARBARA, Calif., May 19, 2011 /PRNewswire/ -- If your doctor has the hasty reaction that a woman in her 30s is too young for hormonal imbalances, you may wind up being misdiagnosed as suffering from anything from stress to absolutely nothing -- the "it's all in your head" diagnosis. The most common times in a woman's life to suffer from hormonal shifts and imbalances are between the ages of 35-55. So here 5 things you can do to get empowered to take charge of your own health and well-being.

1. Track your menstrual cycles. Any change often indicates hormonal shifts and transitions such as perimenopause. Many doctors still believe that a woman has to skip her periods for a year before she could be menopausal and fail to recognize that a women can be well into menopause while still having regular periods.
2. Track the bleeding of your menses. Once women enter into early to late perimenopause, her periods often become heavier. This is an indication that she might be estrogen dominant.
3. Track your symptoms. If you suffer anxiety, irritability, rage, headaches and depression only 1-2 weeks before your period, and then a relief of symptoms as soon as your menstrual period starts, you likely have PMS.
4. Get a pregnancy test.
5. Keep on asking for answers and help. Do not give up. If doctors keep on telling you it is "all in your head" or all your tests are "normal," find someone else. You can use a free monthly symptom tracker, created by award winning author of *Female Brain Gone Insane* and registered nurse practitioner, Mia Lundin, available on [www.mialundin.com](http://www.mialundin.com). You can also get proper testing at **The Center for Hormonal and Nutritional Balance**. Call Mia's Center and talk to a specialist in hormonal imbalance.

#### About Mia Lundin and The Center for Hormonal Balance

Ms. Lundin is a registered nurse, nurse practitioner, an award winning author, educator, inspirational speaker and international leader in her field. Through her private practice, educational efforts, writing, research and advocacy, she empowers women who feel like they are falling apart, or going "insane" and focuses on the emotional symptoms of brain chemistry imbalances in combination with hormonal transitions such as PMS, perimenopause, menopause, and post menopause.

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