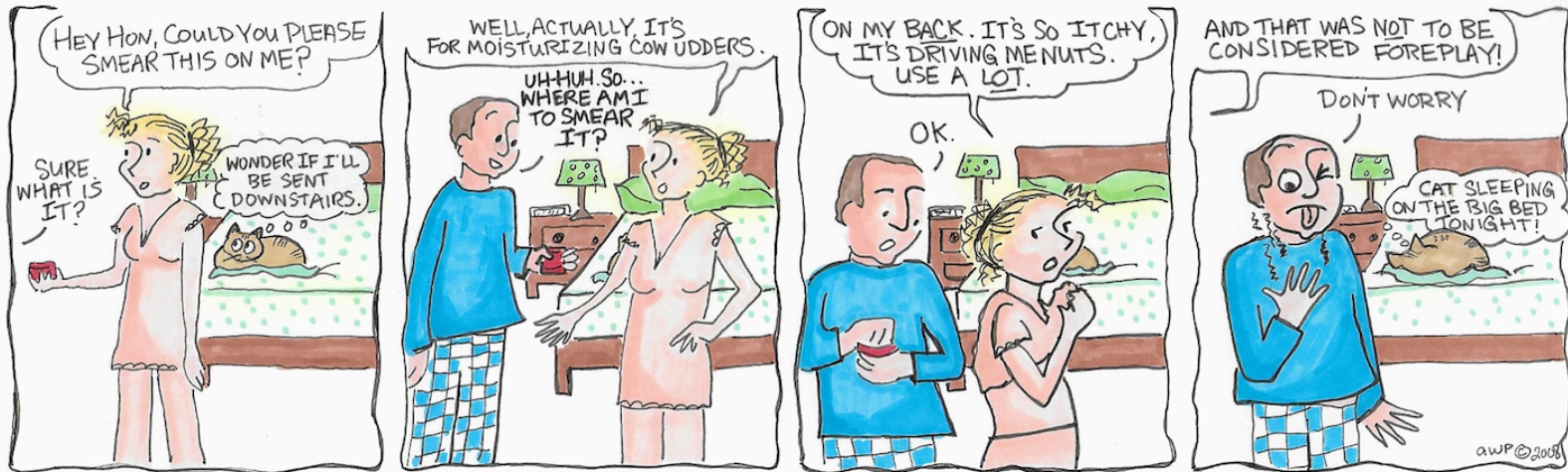


Itchy Crawly Skin: Pins and Needles



Bedbugs? Nope, it just couple be menopause! While itchy or crawly skin may sound like a side effect of a bad acid trip, this menopause symptom was real enough to convince me that the tickle monster DOES exist!

Itchy skin, known as "Pruritus", may be invisible or it can develop into and appear on your body in the form of a rash, dry skin, small bumps or red/irritated skin. It can be quite uncomfortable, especially if it interferes with your sleep; it often coincides with night sweats and hot flashes. Two symptoms of itchy skin are crawly skin are known as:

Formication, the sensation that there are ants or bugs crawling along your skin, and/or the feeling of pins and needles on the skin and *Paresthesia*, feels like a tingling or prickling of the skin.

The main cause for itchy skin is the loss of estrogen causing your natural skin oils and skin collagen to decrease. When your collagen begins to decrease your skin loses its thickness and becomes less supple and much drier. It is possible for itchy skin to also be caused by other medical issues such as diabetes, skin cancer and herpes, to name just a few.

Talk with your doctor if you think you may have any other medical conditions that may be contributing to this symptom.

There are various lifestyle changes you can make to battle the discomfort. We recommend you start by increasing your daily intake of water and healthy omega-3 fatty acid. Avoid hot showers, which dry out your skin and be sure to moisturize after a shower. Use sunscreen and avoid harsh soaps. There are alternative medicines and natural supplements available as well. Speak with your doctor to find out more.