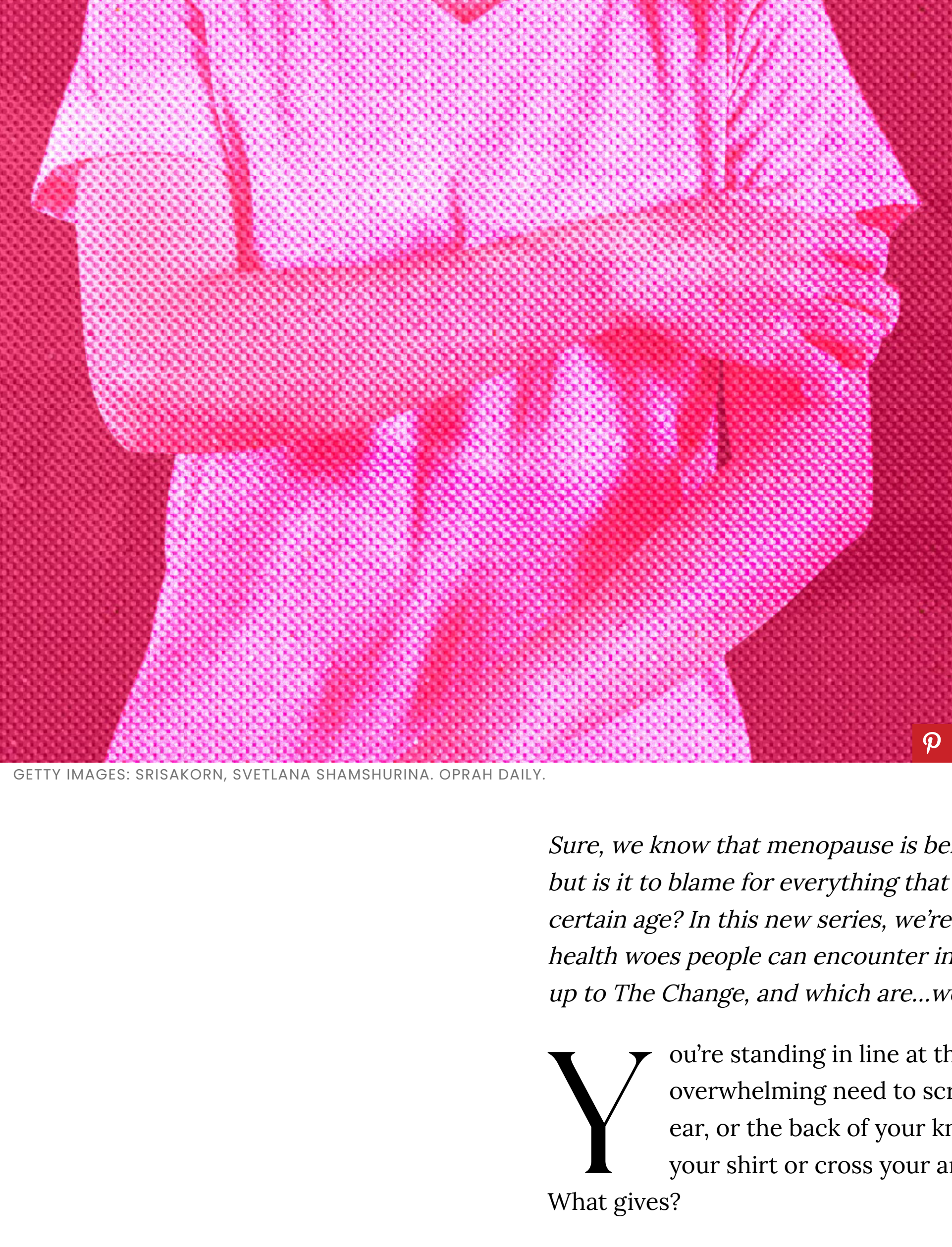


Fanka

Achieve Perfect Thighs

Fanka Body Sculpt Leggings

Shop Now ▶



GETTY IMAGES: SRISAKORN, SVETLANA SHAMSHURINA, OPRAH DAILY.

Sure, we know that menopause is behind night sweats and hot flashes, but is it to blame for everything that goes awry when you're over a certain age? In this new series, we're unpacking some of the funkiest health woes people can encounter in midlife to see which can be chalked up to *The Change*, and which are...well, just a you thing.

You're standing in line at the grocery store when it hits: the overwhelming need to scratch your right nipple (or your inner ear, or the back of your knee). You try to be discreet—adjust your shirt or cross your arms—but scratching brings no relief. What gives?

From the same hormonal chaos that brought you [Hot Flash](#) and [The Mood Swinger](#) comes the next villain in the Menopausal Cinematic Universe: The Wicked Itch.

"Itching and dryness are thought to begin in perimenopause as estrogen fluctuates and then may persist into menopause and postmenopause, when estrogen remains low," says dermatologist [Shoshana Marmon, MD, PhD](#), an assistant professor at New York Medical College.

The Big Itch, Explained


Estrogen helps maintain skin hydration and supports the production of collagen and elastin. As it drops, so does your skin's ability to protect itself. With less collagen—the protein that gives skin its structure—your skin becomes thinner, drier, and far more vulnerable.

"The weakened barrier allows irritants to penetrate and moisture to escape, increasing susceptibility to itch," explains Dr. Marmon, who also chairs the American Academy of Dermatology's Menopause and Women's Health in Dermatology Quality Improvement Committee. In other words, your skin is suddenly less like armor and more like a screen door.

Fanka

Shape Up

Fanka PowerBand Resistance Leggings with Ease




Shop Now

Advertisement - Continue Reading Below

START 2026 LIGHTER WITH INTERMITTENT FASTING

AGE: 45-50

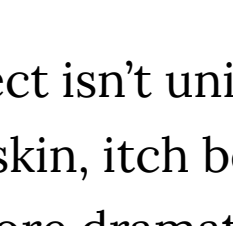


BREAKFAST: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

LUNCH: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

DINNER: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

AGE: 51-55

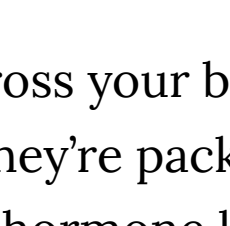


BREAKFAST: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

LUNCH: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

DINNER: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

AGE: 56-60

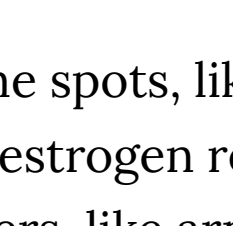


BREAKFAST: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

LUNCH: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

DINNER: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

AGE: 61-65

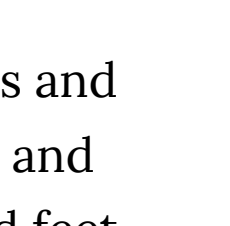


BREAKFAST: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

LUNCH: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

DINNER: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

AGE: 66-70




BREAKFAST: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

LUNCH: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

DINNER: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

AGE: 71+



BREAKFAST: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

LUNCH: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

DINNER: 1/2 hard-boiled egg, 1/2 cup Greek yogurt, 1/2 cup blueberries.

TAP THE SCREEN TO START

The effect isn't uniform across your body. Some spots, like nipples and genital skin, itch because they're packed with estrogen receptors and react more dramatically to hormone loss. Others, like armpits and feet, itch for less glamorous reasons: friction and sweat.

And yes, it can get worse at night. Tossing and turning in bed without the normal distractions of your waking hours, plus natural shifts in body temperature and cortisol as your body prepares for sleep, can make sensations feel stronger. The sleep disruption and night sweats that come with perimenopause may also heighten awareness of itch, says Dr. Marmon.

How to Save Your Skin

First, talk to a dermatologist to rule out other itch-inducing skin issues like eczema or contact dermatitis, or something more serious like thyroid or liver disease. One clue: Hormonal itching tends to present with generalized dryness and itch but no distinct rash, says Dr. Marmon.

Then restore your skin's defenses. "Use gentle, soap-free cleansers, limit bathing time, and avoid very hot water," Dr. Marmon recommends. Moisturize still-damp skin with a cream or ointment containing "ceramides, glycerin, or hyaluronic acid and gentle emollients; colloidal oatmeal can also soothe itch."

You'll also want to hydrate inside and out. Lugging a giant Stanley around all day may feel ridiculous, but your skin will thank you. A humidifier can make a big difference, as can cutting back on caffeine and alcohol.

Lastly, choose soft, breathable fabrics like cotton, and—as impossible as it sounds—try not to scratch that itch.

If these steps still don't cut it, a dermatologist may recommend a low-dose topical corticosteroid or even hormone therapy (HT). "Some studies suggest that hormone therapy combining estrogen and progesterone can enhance skin hydration, thickness, and barrier function, which may help reduce itching," says Dr. Marmon. "However, larger, well-controlled trials are still needed to confirm its effectiveness specifically for relief of itching."

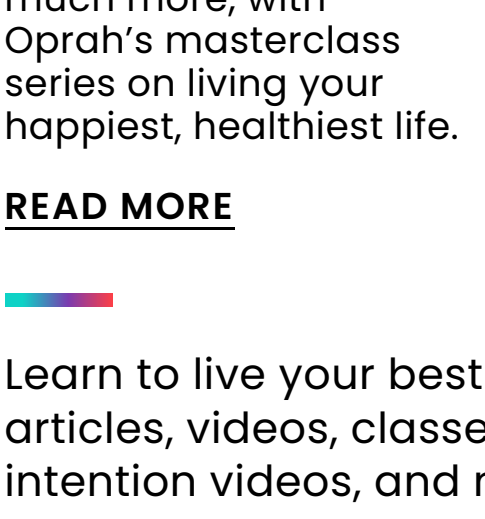
Even without HT, some women see their skin stabilize a few years after menopause, especially if they stay consistent with moisturizing and gentle care. But for others, The Wicked Itch never entirely goes away. Luckily, you know her origin story—and that gives you the power to keep her evil in check.

Member Exclusive: Discover Oprah's Insider Community Villages

VISIT NOW

VISIT NOW

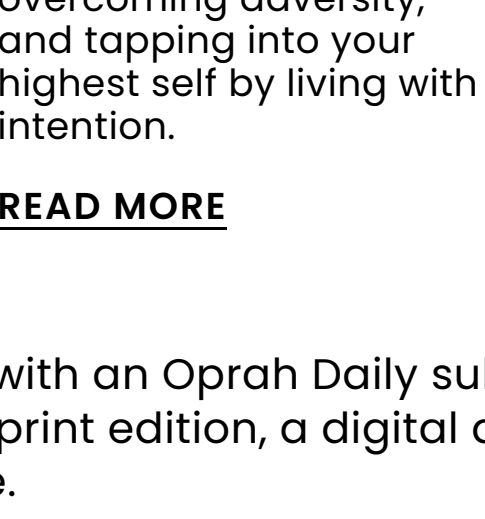
Live Your Best Life with Oprah Daily



Get the Life You Want

Unlock your potential, cultivate joy, and so much more, with Oprah's masterclass series on living your happiest, healthiest life.

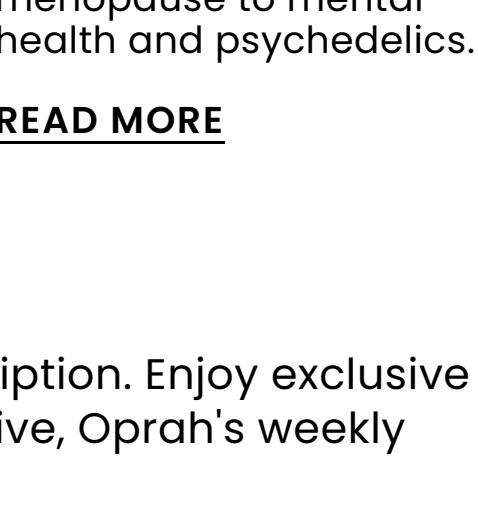
READ MORE



Set Intention with Oprah

Oprah reflects on her deep friendships, overcoming adversity, and tapping into your highest self by living with intention.

READ MORE



Prioritize Your Health

Get expert advice on everything from DBT and menopause to mental health and psychedelics.

READ MORE

Learn to live your best life with an Oprah Daily subscription. Enjoy exclusive articles, videos, classes, a print edition, a digital archive, Oprah's weekly intention videos, and more.

VIEW MEMBER PERKS

Advertisement - Continue Reading Below

READERS ALSO READ

Find Your Purpose With Our New Four Week Workshop

Why Grip Strength Is an Unsung Key to Longevity

Boost Your 'Joyspan' Now with These Microhabits


Oprah's Favorite Things 2025 List Is Here!

Gayle King On the The Amazing Generation

3 Simple Ways to Stop People Pleasing

These Bubble Baths Will Help You Unwind Instantly

The Oprah Daily Self-Care O-wards 2026



What Sweet Potato Does To Dogs


YSE Beauty's New Eye Cream Is A Must Try

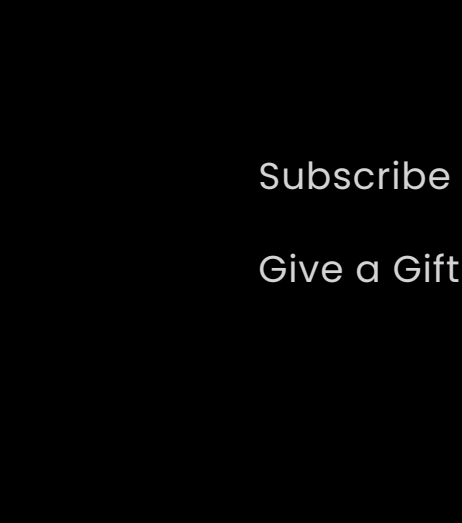
GLP-1 Pills for Weight Loss Are Here!

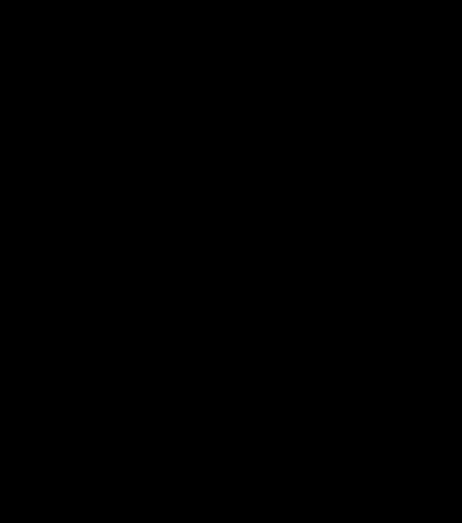
Advertisement - Continue Reading Below

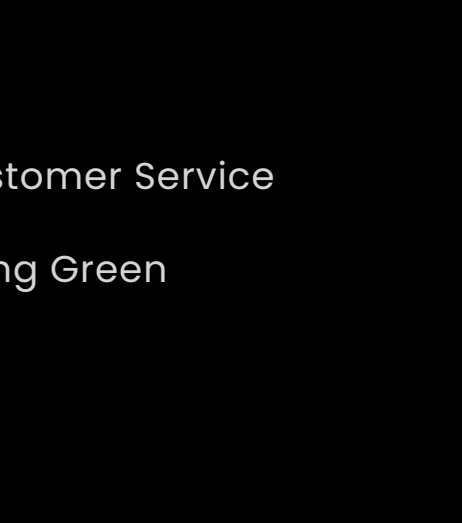
BOGS

FREE SHIPPING + FREE RETURNS









About Us

Newsletter

Contact Us

Press Room

Subscribe

Give a Gift

Customer Service

Being Green

We may earn commission from links on this page, but we only recommend products we back.

©2026 Oprah Daily LLC. All rights reserved.

Privacy Notice

Your CA Privacy Rights/Shine the Light

DAA Industry Opt Out

CA Notice at Collection

Terms of Use

Site Map

YOUR PRIVACY CHOICES: OPT OUT OF SALE/TARGETED ADS