

Boise Image Enhancement Centre's Dr. Morgann Orm Explains the Connection Between Perimenopause and Skin Health

Dr. Morgann Orm, DNP, Medical Director of Boise Image Enhancement Centre, highlights how hormonal changes can affect collagen, elasticity and hydration.

BOISE, ID, UNITED STATES, September 17, 2026 /EINPresswire.com/ -- Conversations about

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Dr. Morgann Orm

perimenopause have grown significantly in recent years, with more attention paid to symptoms like changes in sleep, mood and menstrual cycles. One aspect that receives far less attention, however, is how hormonal changes during this transition affect the skin, an area Dr. [Orm](#) wants more women to understand.

Perimenopause is often associated with symptoms such as changes in menstrual cycles, sleep and mood, but changes

in the skin can also accompany the transition. As estrogen levels fluctuate and eventually decline, the skin can experience changes in collagen production, elasticity and its ability to retain moisture.

For many women, these changes may appear as new fine lines, increased dryness, a duller complexion or skin that feels thinner and less resilient than it once did.

"Patients are often surprised to learn how closely their skin changes track with what's happening hormonally," said Dr. Morgann Orm. "Once they understand the connection, it becomes much easier to know what their skin actually needs."

Dr. Orm emphasizes that these changes are a normal part of the aging process, but they may require women to rethink how they care for their skin. Supporting collagen and elastin and maintaining adequate hydration can become increasingly important during this stage of life. A skincare or treatment approach that worked well in a patient's twenties or thirties may not necessarily address the same concerns in her forties and beyond.

Rather than relying on a one-size-fits-all approach, Dr. Orm encourages women who begin noticing changes during perimenopause to discuss them with a qualified provider.

Understanding how and why the skin is changing can help patients make more informed decisions about skincare and aesthetic treatments.

[Boise Image](#) Enhancement Centre works with patients to develop individualized [treatment plans](#) based on their skin, concerns and stage of life, with options designed to support collagen, hydration and overall skin quality.

Dr. Orm hopes increased conversation around perimenopause will encourage women to view changes in their skin as another normal part of the transition and something they can better understand and support with appropriate care.

Dr. Morgann Orm

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