

Menopause

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Menopause is the time that marks the end of your menstrual cycles. It's diagnosed after you've gone 12 months without a menstrual period. Menopause can happen in your 40s or 50s, but the average age is 51 in the United States. Menopause is a natural biological process.

~~Menopause—Symptoms and causes—Mayo Clinic~~

Menopause is the end of a woman's menstrual cycles. The term can describe any of the changes you go through just before or after you stop having your period, marking the end of your reproductive...

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Menopause is the natural cessation, or stopping, of a woman's menstrual cycle, and marks the end of fertility. Most women experience menopause by the age of 52, but pelvic or ovarian damage may...

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Menopause, also known as the climacteric, is the time in women's lives when menstrual periods stop permanently, and they are no longer able to bear children. Menopause typically occurs between 49 and 52 years of age. Medical professionals often define menopause as having occurred when a woman has not had any menstrual bleeding for a year. It may also be defined by a decrease in hormone ...

~~Menopause—Wikipedia~~

Menopause is the time when your menstrual periods stop permanently and you can no longer get pregnant. Some people call the time leading up to a woman's last period menopause. This time

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actually is the transition to menopause, or perimenopause. After menopause, your body makes much less of the hormones estrogen and progesterone.

~~Menopause | womenshealth.gov~~

Menopause happens when you haven't had a period for 12 straight months and you aren't pregnant or sick. It's a normal part of aging. It happens because female sex hormone levels naturally go down...

~~WebMD Menopause Center: Symptoms, Hot Flashes, Age ...~~

Women may have different signs or symptoms at menopause. That's because estrogen is used by many parts of your body. As you have less estrogen, you could have various symptoms. Many women experience very mild symptoms that are easily treated by lifestyle changes, like avoiding caffeine or carrying a portable fan to use when a hot flash strikes.

~~What Are the Signs and Symptoms of Menopause? | National ...~~

Menopause is the normal, natural transition in life that begins between the ages of 35-55. During this time, your ovaries get smaller and stop producing the hormones estrogen and progesterone that control the menstrual cycle, your eggs are depleted and fertility declines. Eventually, you are no longer able to become pregnant.

~~Stages of Menopause | Menopause~~

Menopause is defined as the absence of menstrual periods for 12 months. It is the time in a woman's life when the function of the ovaries ceases. The process of menopause does not occur overnight, but rather is a gradual process. This so-called perimenopausal transition period is a different experience for each woman.

~~Menopause Treatment, Signs, Symptoms & Age~~

Signs and symptoms of menopause are usually enough to tell most women that they've started the menopausal transition. If you have

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concerns about irregular periods or hot flashes, talk with your doctor. In some cases, further evaluation may be recommended. Tests typically aren't needed to diagnose menopause.

~~Menopause—Diagnosis and treatment—Mayo Clinic~~

Menopause is defined as having no menstrual period for one year. The age you experience it can vary, but it typically occurs in your late 40s or early 50s. Menopause can cause many changes in your...

~~11 Things Women Should Know About Menopause~~

Menopause is a point in time 12 months after a woman's last period. The years leading up to that point, when women may have changes in their monthly cycles, hot flashes, or other symptoms, are called the menopausal transition, or perimenopause. The menopausal transition most often begins between ages 45 and 55.

~~What Is Menopause? | National Institute on Aging~~

Menopause is the time when a woman's menstrual periods stop permanently. It usually occurs naturally, at an average age of 51, but surgery or the use of certain medications can make it happen earlier.

~~Menopausal Symptoms: In-Depth | NCCIH~~

A woman is officially in menopause when she hasn't had her period for 12 months, notes Dr. O'Toole. It can happen in your 40s or 50s, but in the U.S., the average age is 51, according to the Mayo...

~~Stages Of Menopause—What Happens to Your Body During ...~~

For any woman, menopause is a natural part of aging. With time, the ovaries reduce production of sex hormones, estrogen and progesterone, leading up to menopause. Menopause officially marks the end of female fertility and menstruation, and it should not be considered as an illness or disease.

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~~The Complete List of Menopause Symptoms – All 35 of Them!~~

Mood swings, short-term memory loss, and difficulty thinking straight are common complaints from midlife women. However, while many of these symptoms are attributed to menopause, there are other contributing factors to consider as well. Hormones: During reproductive years, most women become accustomed to their own hormonal rhythm.

~~Menopause Information, About Menopause | The North ...~~

Typically, a woman will begin to experience menopause symptoms around her mid-40's as her body's reproductive capability comes to the end. This prolonged stage of gradually falling and fluctuating hormone levels is called perimenopause, which can last upwards of two years before a woman's final period.

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