



POSTMENOPAUSE

- Symptoms generally subside, but they may continue for a few years following menopause
- You remain in this stage the rest of your life
- Lower estrogen increases the risk for osteoporosis and heart disease



MENOPAUSE

- Menopause is not a stage, but the point at which you have not had a period for at least 12 months
- Estrogen production has slowed significantly
- Once diagnosed with menopause, you move immediately into postmenopause
- Typically occurs in your early 50s



PERIMENOPAUSE

- The transition towards menopause
- Typically begins in your 40s
- Hormone production will begin changing and symptoms may become noticeable
- Can last 8 - 10 years



PREMENOPAUSE

- The time before menopause begins
- You still have periods (whether regular or irregular)
- Considered your reproductive years
- Some hormonal changes may be occurring, but typically without symptoms

Could It Be The Perimenopause

Clifford Lane



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