

Stages of Menopause

1

Premenopause

- Refers to your reproductive age, the time between your first period and perimenopause.
- Typically starts between ages 10 and 16 years old

Perimenopause

- Causes hormonal changes, but you may still have a period
- Typically starts between ages 45 and 55
- Lasts about 4 years

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3

Menopause

- Diagnosed 1 year after not having a period
- Usually lasts 7 years but can last for up to 14, including perimenopause
- Occurs around age 52

Postmenopause

- Refers to when you have gone 12 consecutive months without a period
- Lasts for the rest of your life

4

The Menopause

RJ Alexander



The Menopause:

Adopting the Song of Term: An Psychological Symphony within **The Menopause**

In a global consumed by screens and the ceaseless chatter of instant interaction, the melodic elegance and emotional symphony created by the written word often disappear into the back ground, eclipsed by the relentless sound and distractions that permeate our lives. However, nestled within the pages of **The Menopause** a wonderful fictional prize filled with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that charming masterpiece conducts readers on an emotional journey, well unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this touching review, we can investigate the book is main harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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The Menopause Introduction

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