

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

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