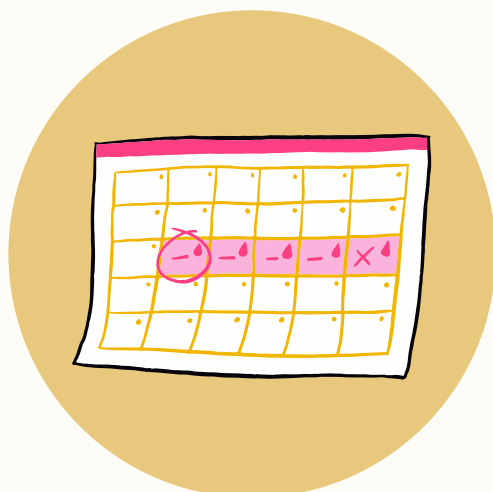
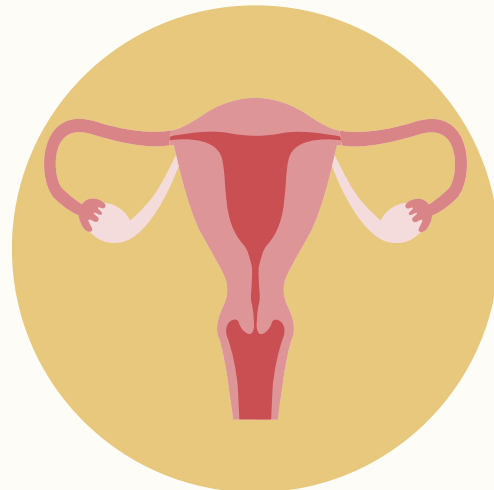


Menopause life cycle- 3 phases

PERIMENOPAUSE

The transition phase before menopause; hormones fluctuate, periods become irregular, and symptoms like hot flashes begin.



MENOPAUSE

Marked by 12 consecutive months without a period; estrogen drops significantly and symptoms may peak.

POSTMENOPAUSE

The years after menopause; symptoms may ease, but long-term risks like bone loss and heart disease increase.

