

Perimenopause or Menopause

know which phase of menopause you are
experiencing ?

PERIMENOPAUSE

MENOPAUSE

Definition

The transition phase before menopause – when your hormone levels start to fluctuate and symptoms begin, but you're still getting periods (even if irregular).

When It Starts?

Often in your late 30s or 40s
– sometimes earlier!

Periods

Irregular, lighter or heavier,
unpredictable

Fertility and Symptoms

Declining but still possible.
Mood swings, hot flashes,
sleep troubles, night sweats,
low libido.

Definition

The official end of menstruation,
diagnosed after 12 consecutive
months without a period.
It marks the point when ovaries
stop releasing eggs .

When It Starts?

Officially declared when you've
had 12 months of no period.

Periods

No more periods. Forever.

Fertility and Symptoms

Fertility shuts down – natural
pregnancy is not possible.

some symptoms continue – but many
find they settle or change.

Not sure what stage you're in?

Le Nest Hospital offers compassionate, expert care for every stage of your hormonal health journey.

Our women's wellness team, led by Dr. Mukesh Gupta, is here to help you feel like yourself again.