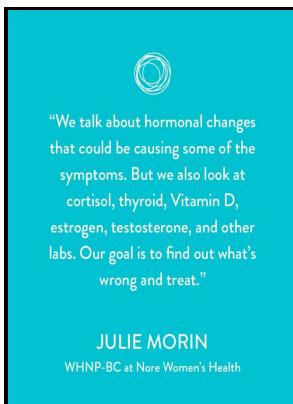


Menopause

Update - How Will I Know I'm in Menopause? Menopause Stages, Symptoms, & Signs



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-Menopause

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Menopause: Symptoms, causes, and treatments

You may benefit from treatment, such as hormone therapy, if your symptoms are severe or affect your quality of life.

Stages of Menopause

About 1 percent of women experience menopause before age 40 premature menopause. Symptoms of menopause may begin suddenly and be very noticeable, or they may be very mild at first.

11 Things Women Should Know About Menopause

Therefore, the decision to use hormone replacement therapy to treat symptoms of menopause is an individual decision. Irregular periods may be your first sign of menopause.

Menopause Symptoms That May Surprise You

You may have them every 2 or 3 weeks, or you may not have them for months at a time. The benefits and risks vary depending on the severity of your hot flashes and bone loss, and your health.

What Is Menopause?

The menopausal transition most often begins between ages 45 and 55.

Menopause

For others, the menopausal transition can bring hot flashes, trouble sleeping, moodiness and irritability, , or. Estrogen taken as a pill or applied to the skin as a patch can reduce hot flashes, sleep disturbances, mood changes and vaginal dryness. During this time, your ovaries get smaller and stop producing the hormones estrogen and progesterone that control the menstrual cycle, your eggs are depleted and fertility declines.

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