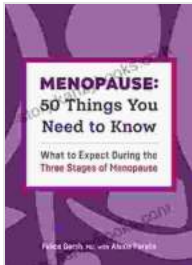


What To Expect During The Three Stages Of Menopause



Menopause: 50 Things You Need to Know: What to Expect During the Three Stages of Menopause

by Tony Salvitti

★★★★☆ 4.6 out of 5

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File size : 1325 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 136 pages
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Menopause is a natural process that all women go through. It is the time in a woman's life when her ovaries stop producing eggs and she stops having periods. Menopause usually occurs between the ages of 45 and 55, but it can happen earlier or later. The average age of menopause in the United States is 51.

Menopause is a gradual process that can take several years. It is typically divided into three stages:

1. **Perimenopause:** This is the stage that leads up to menopause. It can last for several years and is characterized by irregular periods, hot flashes, night sweats, and other symptoms.

2. **Menopause:** This is the stage when a woman has not had a period for 12 consecutive months. The symptoms of menopause can continue for several years after menopause has occurred.
3. **Postmenopause:** This is the stage that occurs after menopause. The symptoms of menopause typically subside during this stage, and a woman's body begins to adjust to the changes that have occurred.

Symptoms of Menopause

The symptoms of menopause can vary from woman to woman. Some women experience only mild symptoms, while others experience more severe symptoms. The most common symptoms of menopause include:

- Irregular periods
- Hot flashes
- Night sweats
- Mood swings
- Weight gain
- Vaginal dryness
- Sleep problems
- Memory problems
- Fatigue

Managing the Symptoms of Menopause

There are a number of things that you can do to manage the symptoms of menopause. Some of these things include:

- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep
- Managing stress
- Talking to your doctor about hormone replacement therapy

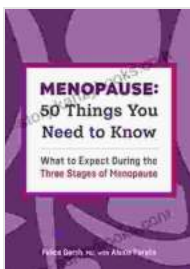
Menopause and Your Health

Menopause can have a number of effects on your health. Some of these effects include:

- Increased risk of heart disease
- Increased risk of osteoporosis
- Increased risk of dementia
- Increased risk of depression

Talking to Your Doctor About Menopause

It is important to talk to your doctor about menopause if you are experiencing any symptoms. Your doctor can help you manage your symptoms and reduce your risk of developing health problems related to menopause.



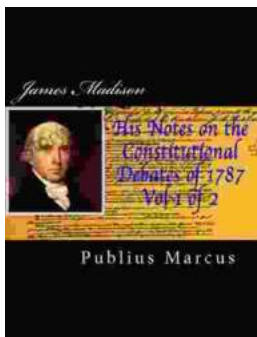
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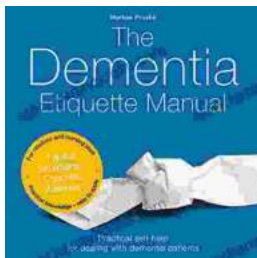
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