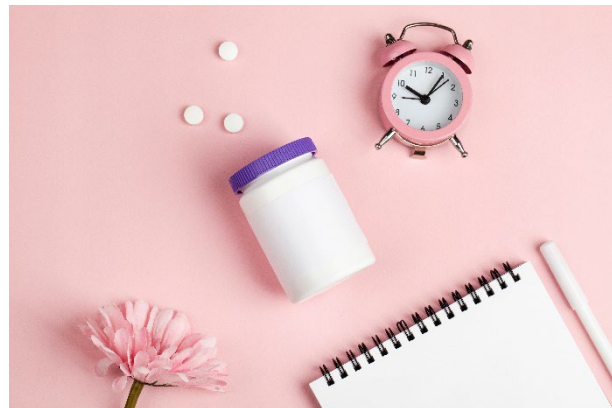


What Is Menopause?

- Menopause refers to the point in women's lives when their reproductive years end. This occurs when blood estrogen levels decrease, and the ovaries stop releasing eggs for fertilization.
- Menopause often begins with changes in the menstrual cycle. Periods may become increasingly irregular both in frequency and length.
- For most women worldwide, menopause occurs between the ages of 45 and 55.
- Natural menopause occurs after 12 consecutive months without menstruation when there is no other physiologic or pathologic cause and no clinical intervention.
- Menopause can also be brought on surgical procedures that remove the ovaries or by medical interventions that cause the ovaries to stop functioning, such as radiation or chemotherapy.
- Symptoms may include hot flashes, night sweats, irregular menstrual cycles, vaginal dryness, painful intercourse, incontinence, difficulty sleeping, changes in mood (including depression and anxiety), difficulty concentrating, and memory loss.
- There are a variety of non-hormonal and hormonal interventions that can help alleviate symptoms of menopause. Talk to your healthcare provider about how to best manage your symptoms.



Source: World Health Organization (who.int)