



# All About Menopause

**Menopause is a normal and natural part of life!**



## What is menopause?

Menopause refers to the time in a menstruator's life when they stop having a menstrual period and are no longer fertile. In the natural process of menopause, a woman's ovaries stop releasing eggs and making the hormones estrogen and progesterone. Sometimes called "the change of life," menopause typically occurs between ages 45 and 55. The average age for menopause in the United States is 52.



## What are the symptoms of menopause?

Menopause does not happen all at once. As your body transitions to menopause over several years, you may have menopause symptoms and irregular periods. Some symptoms of menopause include hot flashes, vaginal dryness, lack of sleep, mood changes, and loss of bone density. If you are having trouble with menopause symptoms, talk to your healthcare provider.



## How do I know when I've reached menopause?

Perimenopause, the transition to menopause, can last between two and eight years before your periods stop permanently. For most women, this transition to menopause lasts about four years. You will know you have reached menopause only after it has been a full year since your last period. This means you have not had any bleeding, including spotting, for 12 months in a row.



**For more information on menopause go to [medlineplus.gov/menopause.html](https://medlineplus.gov/menopause.html)**

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