



When is Menopause Over?

You know you have gone through menopause when you have not had your period for 12 months in a row. Most women reach menopause by age 51 or 52. At this time in life, you are postmenopausal.

For more information on menopause go to medlineplus.gov/menopause.html

This work was supported by the National Library of Medicine, National Institutes of Health, under Cooperative Agreement number UG4LM013729 with the University of Iowa. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.