



The Three Stages of Menopause

1

Perimenopause: This stage precedes menopause and can start several years before periods cease.

2

Menopause: Once a menstruator has gone without a period for a year, they officially enter menopause.

3

Postmenopause: This stage begins after menopause and spans the rest of a menstruator's life.

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

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