Stages of Menopause

Throughout their lives, women pass through distinct **reproductive stages**, each with its each own significance and challenges.



PREMENOPAUSE

PERIMENOPAUSE

MENOPAUSE

POSTMENOPAUSE

- Age: puberty to mid-40s
- Symptoms:
- Fertility: the highest

- Age: mid-40s to menopause
- Symptoms: intense
- Fertility: declines rapidly

- Age: 51 on average
- Symptoms: mild to intense
- Fertility: officially ends

- Age: from menopause onwards
- Symptoms: none to mild
- Fertility: ended

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Passage Through Menopause Womens Life In Transition

Lauren Gardner

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