

FAQs about Menopause

Subtitle



What is menopause?

Menopause is a natural stage of reproductive life in which the body stops producing reproductive hormones, specifically estrogen and progesterone. Menopause is specific to those with female-assigned reproductive organs. It is important to note that menopause has multiple sub-stages, so it is more of a process than an event.

Stages of menopause?

There are 3 main stages of menopause: perimenopause, menopause, and postmenopause. In perimenopause, hormones start to decline and menstruation becomes irregular. This can go on for years. The menopause stage is officially confirmed when the body has stopped producing estrogen and progesterone, and you have gone 12 months without menstruating. Postmenopause begins when your last period was 12 months ago, and all the years following.

When does menopause start?

Menopause typically starts between ages 45 and 55. The average age is 51.

What happens during menopause?

The body stops producing estrogen and progesterone. In addition to irregular menstruation, one may experience symptoms such as hot flashes, chills, mood changes, insomnia, and more.

What are solutions to discomfort caused by menopause?

Medical solutions to menopausal discomfort are constantly evolving and improving. Some possible solutions are hormonal treatments applied in different ways. One option is vaginal estrogen treatment, which is a topical application of hormones to the genital area. Another solution is systemic hormone therapy, which involves absorbing hormones in the body through hormonal contraceptives (pill, ring, patch, etc). There are also options to treat the individual symptoms of menopause depending on your preference and needs.

Is it true that hormone treatment for menopause comes with a lot of complications?

It is true that people have reported a range of side effects with hormone therapy used to treat menopause discomfort, but each body is different. It is best to talk to a physician regarding your needs and what to expect from treatment options.

If you think you may be going through menopause or if you are approaching the age where people mostly commonly begin menopause, it is always best to seek information and care from a physician. There are doctors who specialize in menopausal care who can guide you through this change and provide any necessary solutions that are right for you.

Additional Resources

[The Menopause Society](#)
[National Institute on Aging](#)
[Yale Medicine](#)

