

Menopause



Menopause marks the end of a woman's reproductive years. It is the stage in life when menstruation ceases and the ovaries stop releasing eggs and secreting estrogen and progesterone. A woman is said to reach menopause when she has not had a period for 12 consecutive months. Most women go through menopause in their early 50s. It may start earlier however, due to illness, medication, chemotherapy, radiation, or surgery.

Symptoms

The time leading up to menopause (2 to 7 years) is known as perimenopause. During this time, periods may become irregular. Menstruation may become longer or shorter and heavier or lighter than usual.