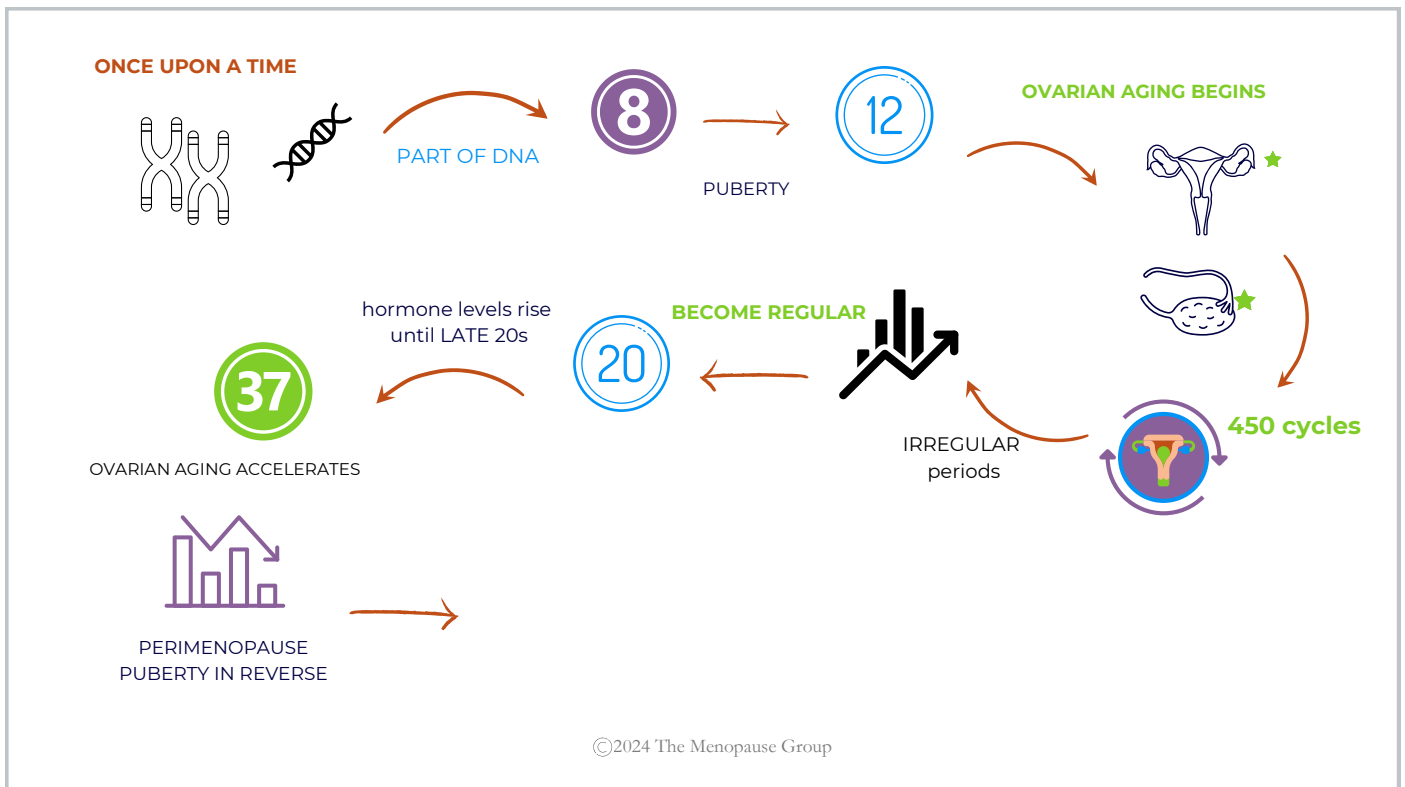
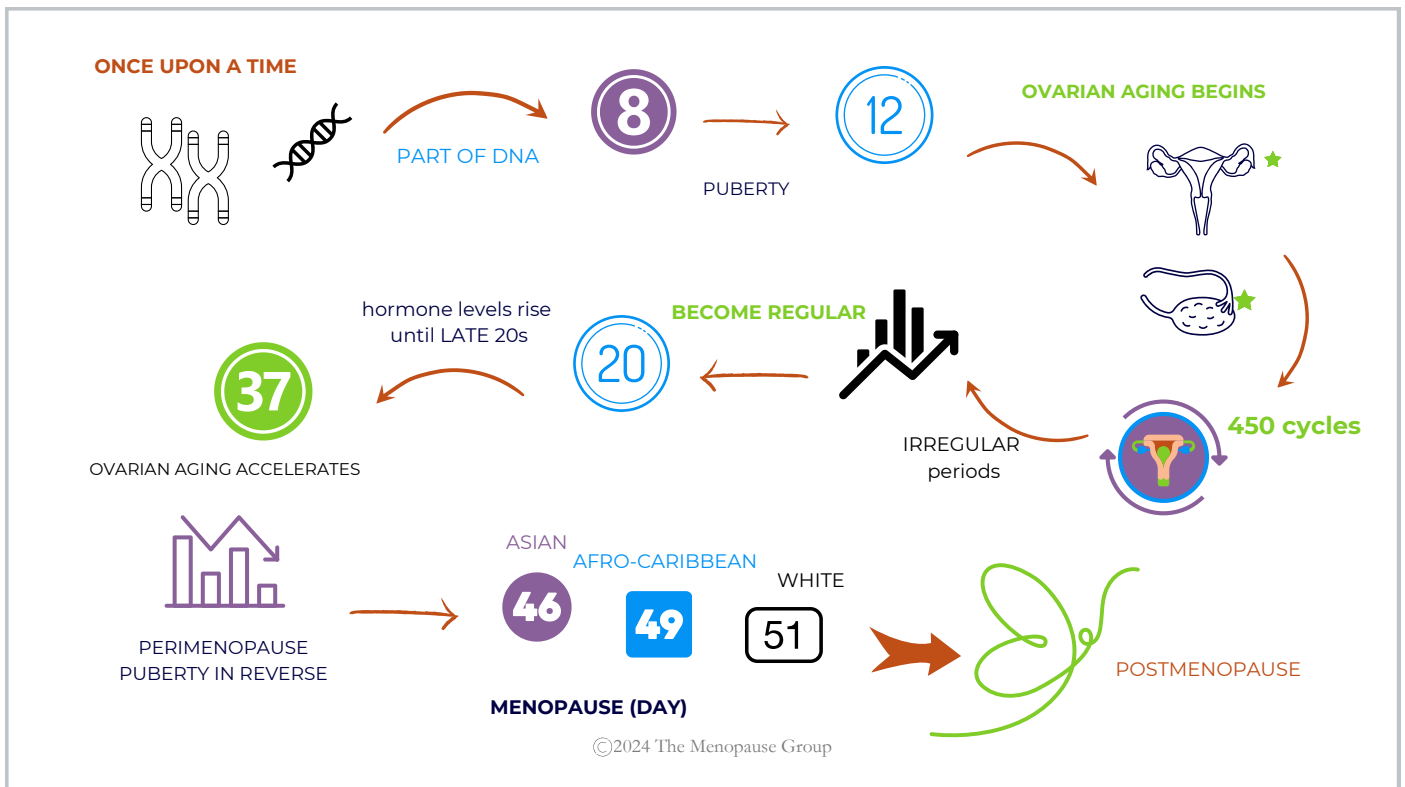


The story of menopause starts the moment two chromosomes unite.
 The ovaries switch on at puberty and a few years later periods start.
 From this point on ovarian aging begins and the typical menstrual health journey unfolds.
 x



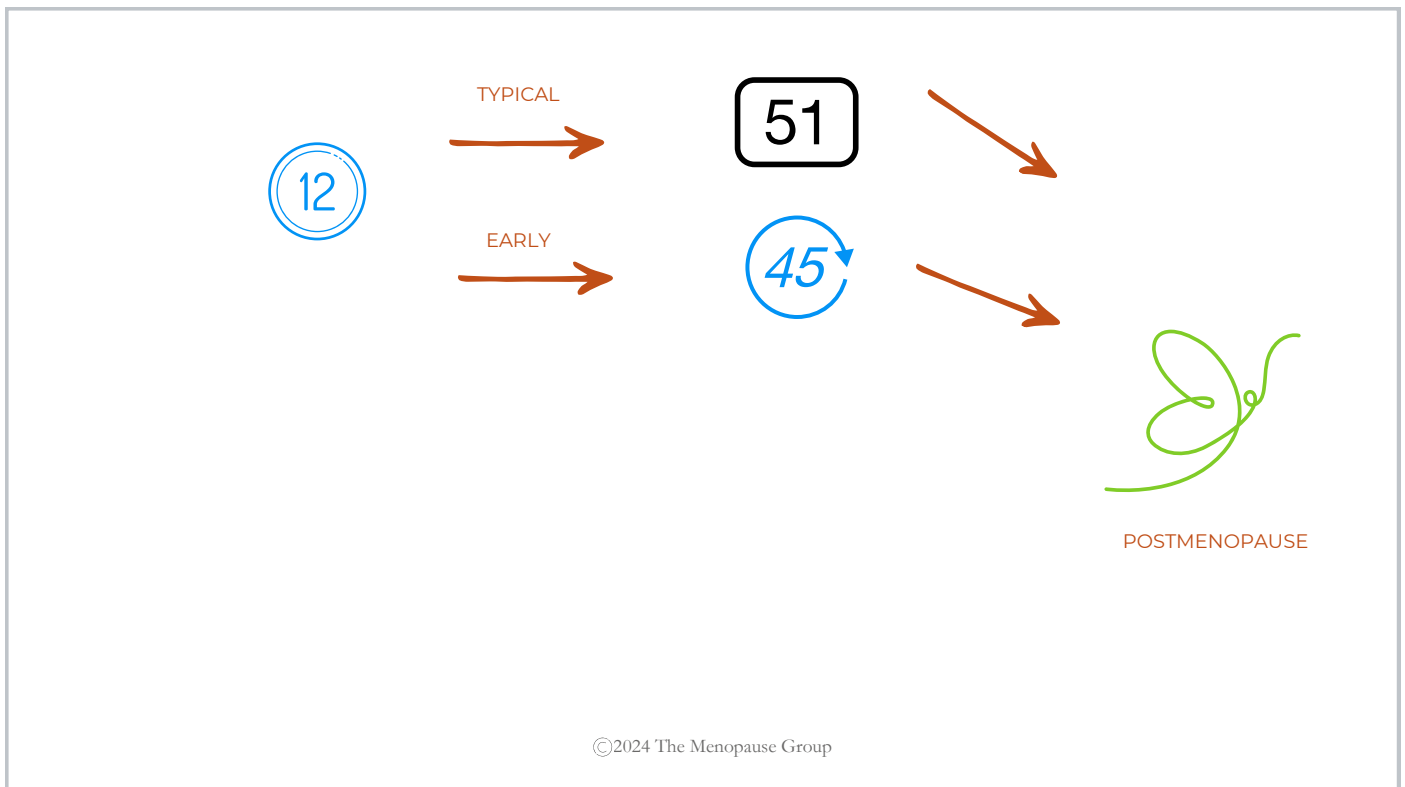
Periods may be irregular for a few years and hormone levels rise. At approximately age 37 ovarian aging accelerates. A couple of years later the typical timeline reaches perimenopause, when the ovarian activity starts to fluctuate over a 7-10-year period, which creates many hormone shifts.



Menopause day is reached, after twelve consecutive months with no periods.

The average age can be influenced by ethnicity.

Smokers may menopause younger, with a high it could be BMI later. The next day is postmenopause.

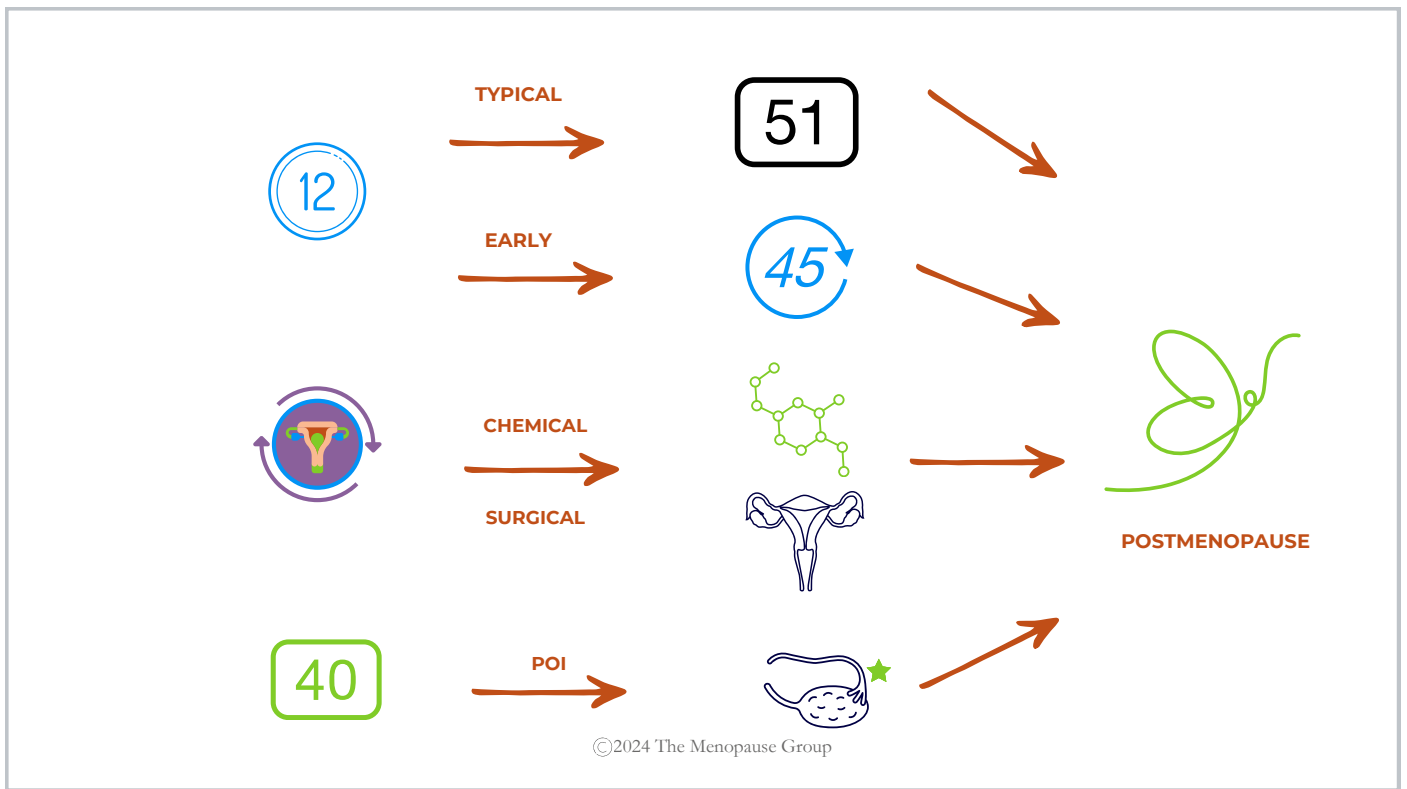


Menopause day can occur at any age for many reasons.

The word menopause is used to describe both the biological process and the end of menstruation.

The typical timeline is from the age of 12 -51 but there are other kinds of menopause experiences.

When menopause occurs between 40-45 it is classed as early.



Chemical or Surgical menopause occurs with medical intervention.
 Premature ovarian insufficiency, also known as premature menopause, when the ovaries stop producing eggs, under the age of 40.

www.MenopauseGroup.org