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after you ve gone 12 months without a menstrual period menopause can happen in your 40s or 50s but the average age is 51 in the united states menopause is a natural biological process menopause also known as the climacteric is the time in women s lives when menstrual periods stop permanently and they are no longer able to bear children the age of menopause varies but it usually occurs between 45 and 55 jun 14 2012 menopause is a normal part of aging and every woman goes through it it can t be prevented and normally doesn t require treatment however some symptoms of menopause can be lessened or perhaps even

eliminated with treatment likewise the risk of disorders or diseases associated with menopause such as osteoporosis and heart disease may benefit from menopause is a regular part of aging when it happens after the age of 40 but some women can go through menopause early it can be the result of surgery like if their ovaries are removed in a sep 30 2021 menopause is a point in time 12 months after a woman's last period the years leading up to that point when women may have changes in their monthly cycles hot flashes or

other symptoms are called the menopausal transition or perimenopause the menopausal transition most often begins between ages 45 and 55 menopause is a stage in life when you stop having your monthly period it's a normal part of aging and marks the end of your fertile reproductive years menopause typically occurs in your late 40s to early 50s however people who have their ovaries surgically removed undergo sudden surgical menopause dec 17 2022 menopause requires no medical treatment instead treatments focus on relieving

your signs and symptoms and preventing or managing chronic conditions that may occur with aging treatments may include hormone therapy estrogen therapy is the most effective treatment option for relieving menopausal hot flashes jan 17 2018 menopause is a natural process that occurs as the ovaries age and produce less reproductive hormones the body begins to undergo several changes in response to lower levels of estrogen

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