

Menopause



Menopause can be defined as occurring 12 months after your last menstrual period and marks the end of menstrual cycles. Menopause can transpire in your 40s or 50s, but the average age is 51.

Menopause is a natural biological process. All the same, the physical symptoms, such as hot flashes, and emotional symptoms of menopause may disrupt your sleep, lower your energy or — for some women — trigger anxiety or feelings of sadness and loss. In the months or years leading up to menopause (perimenopause), you might experience these signs and symptoms:

- Irregular periods
- Vaginal dryness
- Hot flashes
- Night sweats
- Sleep problems
- Mood changes
- Weight gain and slowed metabolism
- Thinning hair and dry skin

Skipping periods during perimenopause is common and expected. Often, menstrual periods will occur every two to four months during perimenopause. Even with irregular periods, pregnancy is possible. After menopause, your risk of certain medical conditions increases. With the decline of your estrogen levels, your risk of cardiovascular disease elevates. Many women gain weight during the menopausal transition and after menopause due to decreased metabolism. As the vaginal and urethral tissues lose elasticity, you may experience frequent, sudden, strong urges to urinate, followed by an involuntary loss of urine and have urinary tract infections more often. During the first few years after menopause, you may lose bone density at a rapid rate also increasing your risk of osteoporosis. Menopause is not a disease that has to be treated, symptom management is crucial. If you are having bothersome symptoms, talk to your healthcare provider for help deciding how to best manage menopause.

Websites to View

[Menopause and Perimenopause - Patient Education](#)

[Patient Information](#)