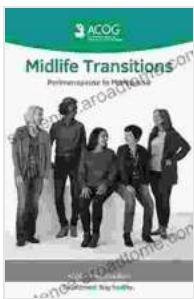


# Midlife Transitions: Perimenopause to Menopause - A Guide for Women

Menopause is a natural transition that all women experience as they age. It is the time when a woman's ovaries stop producing eggs and her menstrual periods end. Menopause usually occurs between the ages of 45 and 55, but it can happen earlier or later.



## Midlife Transitions: Perimenopause to Menopause (ACOG Patient Education) by Jason Scotts

★★★★★ 5 out of 5

Language : English  
File size : 1361 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 14 pages  
Lending : Enabled



The years leading up to menopause are called perimenopause. During perimenopause, a woman's ovaries begin to produce less estrogen and progesterone. This can lead to a variety of symptoms, including:

- Hot flashes
- Night sweats
- Sleep problems

- Mood swings
- Vaginal dryness
- Weight gain
- Thinning hair
- Dry skin

Menopause can be a challenging time for women. The symptoms can be uncomfortable and disruptive, and they can also lead to anxiety and depression.

However, there are a number of things that women can do to manage the symptoms of menopause and improve their overall health during this transition. These include:

- Exercising regularly
- Eating a healthy diet
- Getting enough sleep
- Managing stress
- Talking to a doctor about hormone replacement therapy

Menopause is a natural part of life, and it is important for women to be prepared for the changes that it brings. By understanding the symptoms of menopause and making healthy lifestyle choices, women can manage this transition and continue to live full and active lives.

## **Additional Resources**

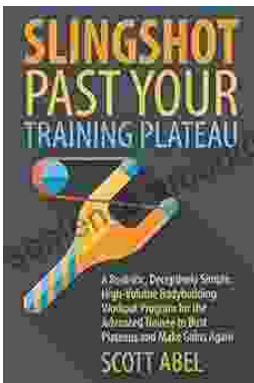
- ACOG's FAQs on Menopause
- The North American Menopause Society's Position Statement on Menopause
- Women's Health.gov's Menopause Resource Center



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