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~~Menopause~~



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Menopause is the time that marks the end of your menstrual cycles. It's diagnosed 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

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~~Menopause~~  
~~Symptoms and~~  
~~causes~~ ~~Mayo Clinic~~  
Menopause is the end  
of a woman's  
menstrual cycles. The  
term can describe any  
of the changes you go  
through just before or  
after you stop having  
your period, marking  
the end of your

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~~Menopause:  
Definition, Symptoms,  
Causes, Treatment,  
and ...~~

Menopause is the natural cessation, or stopping, of a woman's menstrual cycle, and marks the end of fertility. Most women experience menopause by the

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age of 52, but pelvic  
or ovarian damage  
may...

~~Menopause:  
Symptoms, Causes,  
Treatment, and More~~  
Menopause, also  
known as the  
climacteric, is the time  
in women's lives when  
menstrual periods  
stop permanently, and  
they are no longer

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able to bear children.  
Menopause typically occurs between 49 and 52 years of age. Medical professionals often define menopause as having occurred when a woman has not had any menstrual bleeding for a year. It may also be defined by a decrease in hormone ...

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~~Menopause~~

~~Wikipedia~~

Menopause is the time when your menstrual periods stop permanently and you can no longer get pregnant. Some people call the time leading up to a woman's last period menopause. This time actually is the

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transition to menopause, or perimenopause. After menopause, your body makes much less of the hormones estrogen and progesterone.

~~Menopause |  
womenshealth.gov~~  
Menopause happens when you haven't had a period for 12

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~~Menopause~~  
straight months and you aren't pregnant or sick. It's a normal part of aging. It happens because female sex hormone levels naturally go down...

~~WebMD Menopause  
Center: Symptoms,  
Hot Flashes, Age ...~~  
Women may have different signs or symptoms at



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Menopause. That's because estrogen is used by many parts of your body. As you have less estrogen, you could have various symptoms. Many women experience very mild symptoms that are easily treated by lifestyle changes, like avoiding caffeine or carrying a portable

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fan to use when a hot  
flash strikes.

~~What Are the Signs  
and Symptoms of  
Menopause? |  
National ...~~

Menopause is the  
normal, natural  
transition in life that  
begins between the  
ages of 35-55. During  
this time, your ovaries  
get smaller and stop

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## Menopause

producing the hormones estrogen and progesterone that control the menstrual cycle, your eggs are depleted and fertility declines. Eventually, you are no longer able to become pregnant.

## ~~Stages of Menopause~~

### ~~Menopause~~

Menopause is defined

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**Menopause**  
as the absence of menstrual periods for 12 months. It is the time in a woman's life when the function of the ovaries ceases. The process of menopause does not occur overnight, but rather is a gradual process. This so-called perimenopausal transition period is a

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different experience  
for each woman.

## Menopause

~~Treatment, Signs,  
Symptoms & Age~~

Signs and symptoms  
of menopause are  
usually enough to tell  
most women that  
they've started the  
menopausal  
transition. If you have  
concerns about

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~~Menopause~~  
Irregular periods or hot flashes, talk with your doctor. In some cases, further evaluation may be recommended. Tests typically aren't needed to diagnose menopause.

~~Menopause—  
Diagnosis and  
treatment—Mayo  
Clinic~~

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**Menopause** is defined as having no menstrual period for one year. The age you experience it can vary, but it typically occurs in your late 40s or early 50s. Menopause can cause many changes in your...

~~11 Things Women  
Should Know About~~

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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



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~~Menopause~~  
menopausal transition  
most often begins  
between ages 45 and  
55.

~~What Is Menopause?~~  
~~National Institute on~~  
~~Aging~~

Menopause is the  
time when a woman's  
menstrual periods  
stop permanently. It  
usually occurs  
naturally, at an

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~~Menopause~~  
average age of 51,  
but surgery or the use  
of certain medications  
can make it happen  
earlier.

~~Menopausal  
Symptoms: In-Depth |  
NCGIH~~

A woman is officially  
in menopause when  
she hasn't had her  
period for 12 months,  
notes Dr. O'Toole. It

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Menopause can happen in your 40s or 50s, but in the U.S., the average age is 51, according to the Mayo...

~~Stages Of  
Menopause - What  
Happens to Your  
Body During ...~~

For any woman, menopause is a natural part of aging. With time, the ovaries

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Menopause reduce production of sex hormones, estrogen and progesterone, leading up to menopause. Menopause officially marks the end of female fertility and menstruation, and it should not be considered as an illness or disease.

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~~Symptoms – All 35 of  
Them!~~

Mood swings, short-term memory loss, and difficulty thinking straight are common complaints from midlife women.

However, while many of these symptoms are attributed to menopause, there are other contributing

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factors to consider as well. Hormones:  
During reproductive years, most women become accustomed to their own hormonal rhythm.

~~Menopause  
Information, About  
Menopause | The  
North ...~~

Typically, a woman  
will begin to

# Where To Download Menopause

menopause

symptoms around her mid-40's as her body's reproductive capability comes to the end. This prolonged stage of gradually falling and fluctuating hormone levels is called perimenopause, which can last upwards of two years

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before a woman's  
final period.

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