

The Stages of Menopause

Technically, menopause is one point in a woman's life. But many use the term to describe all three stages of midlife hormonal change—the first of which can start earlier than you may think.

Perimenopause

The transitional time before menopause when hormones start to fluctuate and decline overall

When it usually occurs: Ages 35–51 + How long it can last: 7 to 14 years

- You still have periods and can get pregnant
- Symptoms often begin, some severe and often unpredictable

Menopause

When your periods stop (defined as not having a period for 12 months in a row)

When it occurs: Ages 45–55 + Average age: 51

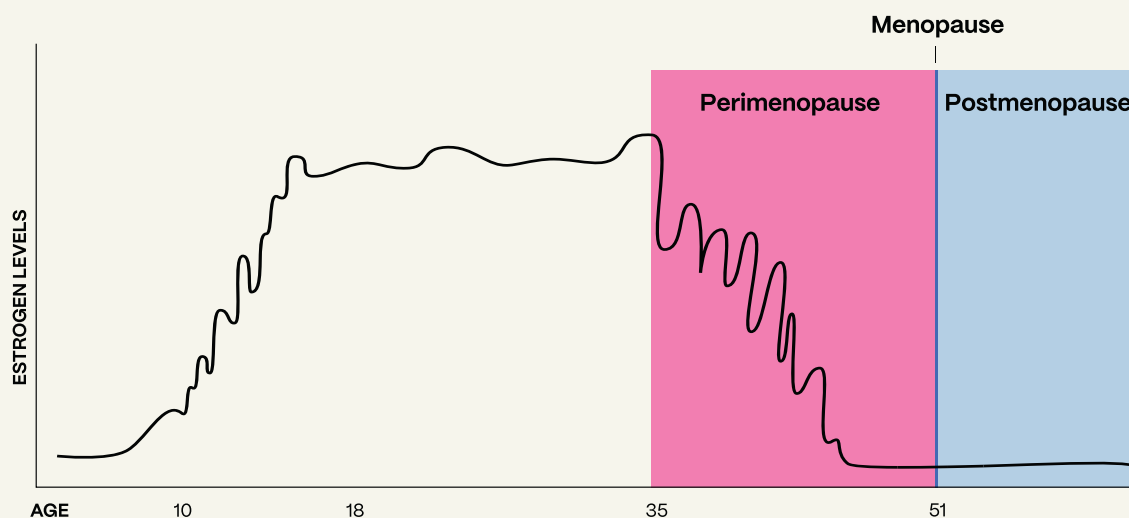
- Symptoms persist; hormones plateau
- Chronic changes to bone, skin, hair, and heart health start

Postmenopause

The time after menopause

When it starts: At menopause! (ages 45–55) + How long it lasts: The rest of your life

- You no longer ovulate; cannot get pregnant "naturally"
- Hormones stop fluctuating and levels stay low; some symptoms progress



DID YOU KNOW?

All women experience changes or symptoms as hormones shift, but not everyone has the most classic one—hot flashes. Review other possibilities on the back of this page.

Note: The above timeframes are averages and may differ depending on several factors, including your family medical history, race, use of certain treatments, lifestyle, and more.

Midi Health specializes in perimenopause and menopause care.
Visit joinmidi.com/meetmidi to learn more.

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Perimenopause and menopause can cause dozens of symptoms.

Here are some examples. Review the list and share your answers with your healthcare professional.

I've experienced

	Weight gain
	Difficulty sleeping
	Hot flashes, night sweats
	Difficulty holding my pee/needling to pee often

	Digestive issues (e.g., bloating, constipation)
	Headaches/migraines
	Muscle/joint pain
	Heart palpitations

I feel

	Tired (even with enough sleep)
	Forgetful
	Distracted and/or unable to think clearly
	Irritable

	Anxious or panicked
	Depressed
	Unexplainably itchy
	Disinterested in sex

I've noticed

	Acne
	Dry skin, eyes, or mouth
	Vaginal dryness
	Hair loss

	Brittle nails
	Breast soreness
	It's hard to orgasm
	Sex is painful

The menopause transition can be challenging. With the right care, you *can* feel your best again.



Midi Health specializes in perimenopause and menopause. After a virtual meeting with an expert clinician, you'll receive a Care Plan designed to meet your unique needs.

Midi is in-network with most PPO health plans.

Scan the QR code or go to joinmidi.com/meetmidi to learn more and book a virtual visit.