# 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.

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## 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 month in a row)**

When it usually occurs:
**Ages 45-55**

Average Age:
**51 years**

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

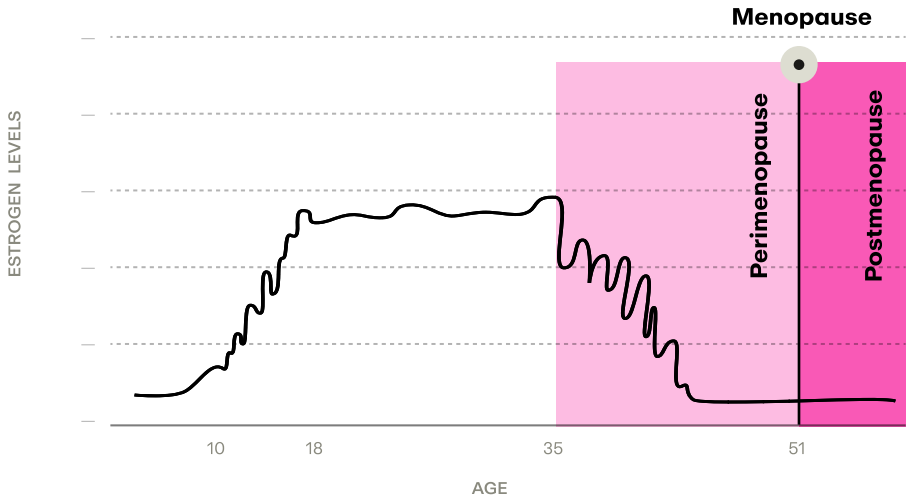
## Postmenopause

**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/menopausebenefit to learn more.

# 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/needing to pee often |

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

## I've 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/menopausebenefit
to learn more and book a virtual visit.