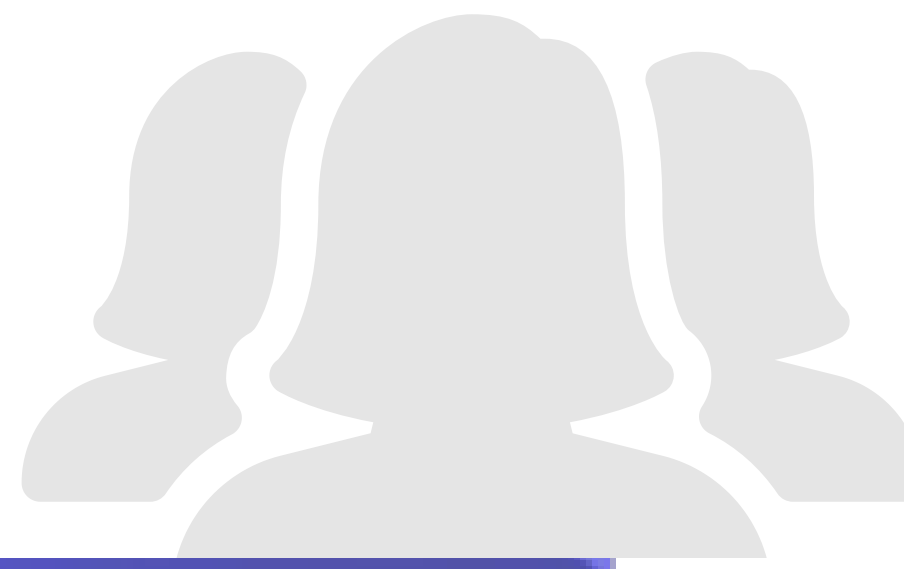


Menopause Overview

The **menopause transition** is the time when a woman shifts from a reproductive to a nonreproductive phase^{1,2}



In the US, approximately 1.3 million women become menopausal each year³

According to 2020 estimates, there were more than **62 million women 50 years or older in the US**⁴

~10% of women will experience menopause before age 45⁵

- Most women can expect to live almost **40% of their lives after menopause**²
- The percentage of menopausal women who seek treatment is estimated to be between **25% and 32%**^{2,6}

The Stages of Menopause

Perimenopause

Begins with the **onset of intermenstrual cycle irregularities (±7 days) or other menopause-related symptoms** and extends **12 months after menopause**⁵
Late perimenopause is marked by amenorrhea ≥ 60 days, and VMS likely⁷

Menopause

The experience of **12 consecutive months of amenorrhea**. The median age at which women reach menopause is 50⁵

Premature Menopause: <40 years old⁵

Early Menopause: 40-45 years old⁵

Black women on average experience menopause ~8.5 months earlier than White women^{15,8}

Postmenopause

The time period after menopause is reached⁷



Menopause Symptoms

Vasomotor Symptoms

65% of postmenopausal women experience VMS⁹

Women experience hot flashes for an average of **4 to 5 years**^{10,11}

Hot flashes and night sweats may be bothersome and can **negatively affect sleep**, and **increase daytime sleepiness**^{12,13,14,15}

Genitourinary Syndrome of Menopause

GSM includes **vaginal dryness, burning or irritation, painful sex, urgency and painful urination**¹⁶

Up to **84%** of postmenopausal women experience vaginal atrophy, with many of these women experiencing **moderate to severe symptoms**^{17,18}

Other Symptoms

Changes to **mood**^{16,19}

Changes in **menstrual cycle**²⁰

Loss of **interest in sex**²¹

Sleep disturbances¹⁶

Changes to **memory**¹⁶

Postmenopausal Osteoporosis

- BMD begins to decline in the **3-year period** prior to final menstrual period²²
- The greatest reduction in BMD happens in the **year prior to the final menstrual period and the first 2 years** after the final menstrual period²³

BMD = bone mineral density, GSM = genitourinary syndrome of menopause, VMS = vasomotor symptoms,

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