MENOPAUSE

Let's Get Our Definitions Straight

PERIMENOPAUSE

The transition leading up to menopause.

- **Typical onset:** Usually begins in the mid-40s (often around 45–47), though it can start as early as the late 30s for some women.
- **Typical end:** It ends about 12 months after the final menstrual period, which on average occurs at age 51–52.

MENOPAUSE

The official point in time when menstruation has ended.

- Defined as 12 consecutive months without a menstrual period.

POSTMENOPAUSE

Life after menopause.

- The years following menopause.
- A time for continued health, wellness and long-term vitality with the right support and care.

THE MENOPAUSE JOURNEY – AT A GLANCE

Perimenopause (Transition)	Menopause (12 months without a period)	Postmenopause (Life after menopause)
~ Mid-40s (often 45–47)	~ Age 51–52 (on average)	Ongoing (the next phase of life)

THE KEY HORMONES

ESTROGEN

Think: **PROTECTION & COMMUNICATION**

Supports brain, bone, heart, muscle, temperature regulation, metabolism, and vaginal and urinary health.

PROGESTERONE

Think: **BALANCE & THE UTERINE LINING**

Helps balance the effects of estrogen and supports the uterine lining.

TESTOSTERONE

Think: **DESIRE & MUSCLE/FUNCTION & BRAIN HEALTH**

Supports libido, energy, muscle mass and strength, and cognitive function.

> *"You don't have to stop having periods before menopause starts affecting you."*

MENOPAUSE

Let's Get Our Definitions Straight

ESTROGEN TALKS TO MANY SYSTEMS IN YOUR BODY

Brain
Supports memory, learning and mood.

Bones
Helps maintain bone density and strength.

Cardiovascular System
Supports heart and blood vessel health.

Temperature Regulation
Helps regulate body temperature (e.g., hot flashes).

Metabolism
Influences energy use, weight regulation and overall metabolic health.

Muscle
Helps maintain muscle mass, strength and function.

Vaginal & Urinary Tissues
Helps maintain tissue elasticity, moisture and urinary tract health.

THE KEY SYSTEMS AT A GLANCE

- Brain
- Bones
- Cardiovascular System
- Muscle
- Temperature Regulation
- Metabolism
- Vaginal & Urinary Tissues

> ***"Hormones are not just reproductive hormones. They are communication signals."***

Estrogen isn't just about reproduction. Estrogen is part of how the body communicates with itself.