Menopause is the time in a woman's life when she stops producing the hormones needed for reproduction and menstruation. Most women go through menopause in their 40s or 50s. A woman reaches menopause when she has not had a period for 12 months in a row. The average age of menopause for women in the United States is 51.5 years old.

Noticing any changes to your body or how you feel?

Not sure if these changes are from menopause?

Menopause is a normal part of a woman's life, many women may experience menopause symptoms. For example, take a 30-minute walk with a friend or family member, swap one fast food meal for a healthy dinner, or have a "screen free" bedtime. Setting small, achievable goals may help you live a healthier life and help your menopause symptoms. For example, take a 30-minute walk with a friend or family member, swap one fast food meal for a healthy dinner, or have a "screen free" bedtime. Setting small, achievable goals may help you live a healthier life and help your menopause symptoms.

Your health is important. Please contact your healthcare provider if you have any problems with your menopause symptoms.