Menopause is a natural part of aging and marked by the end of menstrual periods. It typically happens somewhere between the ages of 40 and 60, with age 51 being the average age of the last menstrual period. Some women—because of factors such as chemotherapy, radiation or certain diseases—transition through menopause at an earlier-than-average age. Women usually begin the menopause transition by having irregular periods, and that transition can last between a few months and more than 10 years for some women. Menopause itself is not a disease, and it is important to know that women may experience symptoms related to menopause during the transition period.

Some of the many symptoms related to menopause include:

- Hot flashes
- Night sweats
- Vaginal dryness
- Changes in blood pressure
- Mood swings
- Headaches
- Changes in mood
- Changes in sleeping patterns
- Changes in weight
- Changes in sexual function
- Changes in vision
- Changes in hearing
- Changes in memory

It is important to note that not all women experience menopause symptoms. Some women may experience a very light menopause transition, while others may experience severe symptoms. It is important to talk to your healthcare provider about your menopause transition and to ask for resources and support to help manage your symptoms.

The Midlife Health Center at UPMC Magee-Womens Hospital offers specialized care for women experiencing the menopause transition. The center provides a range of services and support to help women manage their symptoms and maintain their overall health. Women can receive support from healthcare providers who specialize in menopause care, counseling services, and education programs to help them understand and manage their symptoms. Women can also join support groups and participate in clinical research studies to help advance the field of menopause care.

Contact us to learn more about the services and resources offered by the Midlife Health Center at UPMC Magee-Womens Hospital. We are here to support you on your journey through menopause.

Contact: 412-455-8499


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