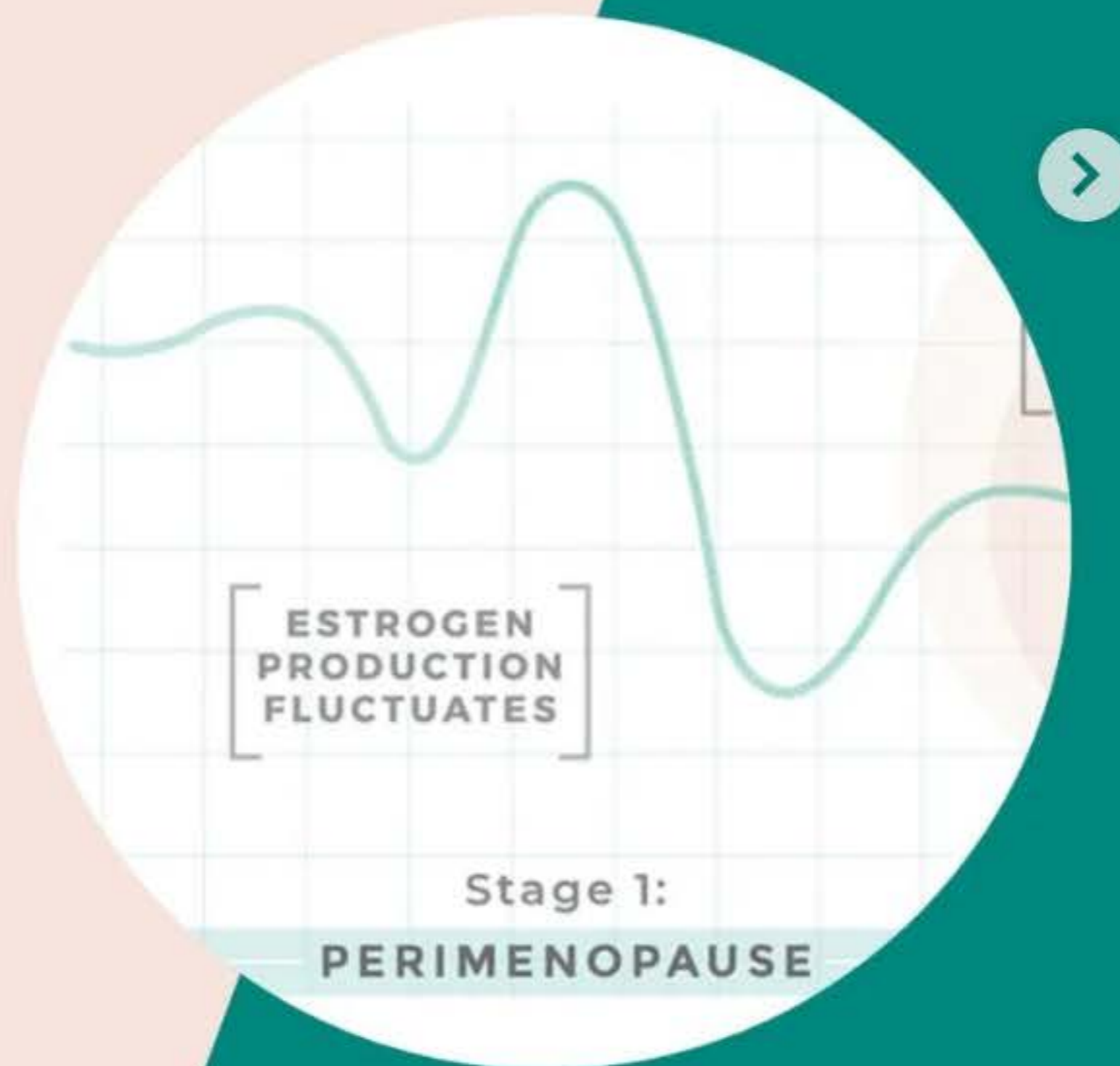


What is Menopause?

Part 1

Menopause is the natural process a woman's body undergoes as her ovaries gradually produce less estrogen and eventually stop releasing eggs.

Menopause is a transition and is composed of 3 different stages:



equelleofficial · [Follow](#)



equelleofficial 42w

? What is Menopause? SERIES: Part 1
Perimenopause

So many women are still the dark about what menopause actually is. While it's different for each individual, the stages are the same.

Estrogen declines in all women but the rate at which it does and the age at which it starts can vary drastically. Take a look into this 3 part series to give some light and exactly what is menopause.

#menopauseawarenessmonth
#menopausesymptomrelief
#whatismenopause

No comments yet



10 likes

October 9, 2023



Add a comment...



EQUELLE® MENOPAUSE AWARENESS MONTH SERIES

Stage 1
PERIMENOPAUSE
approx. 40 - 47

Stage 2
MENOPAUSE
approx. 48 -52

Stage 3
POSTMENOPAUSE
approx. 52+

Closer Look:

The 1st stage can last anywhere from one to seven years, some may last over 10 years

The 2nd stage is only one day, the day that marks 12 consecutive months without a period.

The 3rd stage starts the day after menopause and lasts the rest of life.



equelleofficial • Follow



equelleofficial 42w
? What is Menopause? SERIES: Part 1
Perimenopause

So many women are still in the dark about what menopause actually is. While it's different for each individual, the stages are the same.

Estrogen declines in all women but the rate at which it does and the age at which it starts can vary drastically. Take a look into this 3 part series to give some light and exactly what is menopause.

#menopauseawarenessmonth
#menopausesymptomrelief
#whatismenopause

No comments yet



10 likes

October 9, 2023



Add a comment...



Stage 1

Perimenopause

The first sign of perimenopause is an irregular menstrual cycle. Estrogen levels fall and rise throughout perimenopause, and menstrual cycles may lengthen or shorten. There may be cycles in which you skip ovulation entirely because your ovaries don't release an egg. During the late transition leading up to one full year since a woman's last menstrual cycle, symptoms seem to increase in both frequency & intensity.



equelleofficial · Follow



equelleofficial 42w
? What is Menopause? SERIES: Part 1
Perimenopause

So many women are still the dark about what menopause actually is. While it's different for each individual, the stages are the same.

Estrogen declines in all women but the rate at which it does and the age at which it starts can vary drastically. Take a look into this 3 part series to give some light and exactly what is menopause.

#menopauseawarenessmonth
#menopausesymptomrelief
#whatismenopause

No comments yet



10 likes

October 9, 2023



Add a comment...



Stage 1

Perimenopause

Perimenopause symptoms vary between people and over time. With the disruption of hormone levels in this menopausal transition, your symptoms could include:

- HOT FLASHES
- IRREGULAR PERIODS
- SLEEP DISTURBANCES
- NIGHT SWEATS
- MOOD SWINGS
- VAGINAL DRYNESS
- MUSCLE ACHES



equelleofficial · [Follow](#)



equelleofficial 42w
? What is Menopause? SERIES: Part 1 Perimenopause

So many women are still the dark about what menopause actually is. While it's different for each individual, the stages are the same.

Estrogen declines in all women but the rate at which it does and the age at which it starts can vary drastically. Take a look into this 3 part series to give some light and exactly what is menopause.

#menopauseawarenessmonth
#menopausesymptomrelief
#whatismenopause

No comments yet



10 likes

October 9, 2023



Add a comment...



EQUELLE MENOPAUSE AWARENESS MONTH SERIES

FOLLOW FOR MORE

Stay tuned
for part 2.



LIKE



SAVE



SHARE



equelleofficial · Follow



equelleofficial 42w

? What is Menopause? SERIES: Part 1
Perimenopause

So many women are still the dark about what menopause actually is. While it's different for each individual, the stages are the same.

Estrogen declines in all women but the rate at which it does and the age at which it starts can vary drastically. Take a look into this 3 part series to give some light and exactly what is menopause.

#menopauseawarenessmonth
#menopausesymptomrelief
#whatismenopause

No comments yet



10 likes

October 9, 2023



Add a comment...

