

Mayo Clinic Medical Edge

What is Menopause?

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Audio

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| <p>Intro with music</p> | <p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p> |
| | <p>IT'S A POINT IN LIFE THAT SOME WOMEN DREAD AND OTHERS LOOK FORWARD TO... EITHER WAY IT'S ALWAYS INEVITABLE.</p> |
| <p>Rosalina Abboud, M.D.</p> | <p>"AROUND AGE 51 WOULD BE THE USUAL TIME FOR WOMEN TO HAVE THEIR MENOPAUSE. BUT IT HAS A WIDE RANGE. IT CAN BE STARTING FROM AGE 40 TO 50 OR 60, BUT THE MAJORITY WILL HAVE IT IN THEIR 50'S."</p> |
| | <p>MENOPAUSE BY DEFINITION EXPLAINS MAYO CLINIC DR. ROSALINA ABOUD, IS THE DATE OF THE LAST MENSTRUAL PERIOD, WHICH IS CONFIRMED AFTER 12</p> |

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| | CONSECUTIVE MONTHS WITHOUT A PERIOD |
| Dr. Abboud | “SO IT’S SORT OF A RETROSPECTIVE DIAGNOSIS. “ |
| | IRREGULAR PERIODS CAN BEGIN MONTHS, EVEN YEARS BEFOREHAND... A TIME REFERRED TO AS PERI-MENOPAUSE. THAT’S ALSO THE TIME WHEN WOMEN CAN BEGIN TO EXPERIENCE HOT FLASHES, MOOD SWINGS OR SLEEP DISTURBANCES BROUGHT ON BY FLUCTUATING HORMONE LEVELS. THEY MAY ALSO HAVE VAGINAL DRYNESS OR SEXUAL CHANGES. DR. ABBOUD RECOMMENDS THAT ANY WOMEN CONCERNED ABOUT THESE SYMPTOMS TO SEEK MEDICAL ADVICE. |
| | FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS. |