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person to person, but it's common to experience things like lighter, less frequent periods, hot flashes, and weight gain during menopause. You may be able to find relief by treating specific symptoms.^[1]

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A Word From Verywell

Next in Menopause Guide

Menopause: Signs, Symptoms, and Complications


Menopause

- Average age is 51
- 12 consecutive months with no menstruation




Perimenopause

- Commonly occurs in the 40s
- May experience irregular periods, weight gain, mood swings, and more



Premenopause


- No noticeable changes, but hormones start to shift



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25/10/2022