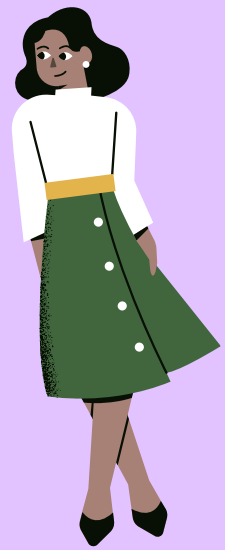




**Menopause:** Diagnosed after *12 consecutive months without periods* (average age ~51).

12 months + 1 day = considered to have reached menopause



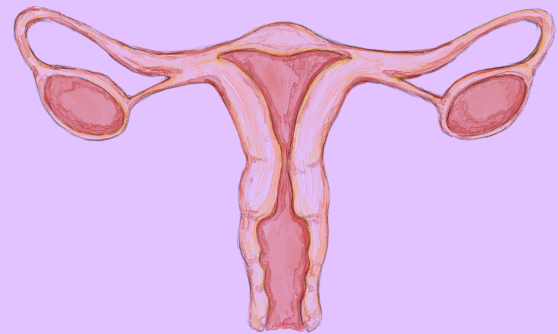
**Early Menopause:** used to describe menopause before the age of (45).



**Premature Ovarian Insufficiency (POI):** When ovaries stop functioning normally before age 40 (sometimes as early as teens/20s). Unlike natural menopause, POI can be sporadic or reversible.



**Chemical Menopause:** Induced by medications (e.g., chemotherapy, hormone-blocking for cancer). Symptoms may improve after treatment ends.



**Surgical Menopause:** Happens when both ovaries are removed, leading to immediate drop in hormone levels. Often to manage ovarian cancer risk, endometriosis or ovarian cysts.

**SOS! No two menopause experiences are the same!**  
**The cause affects timing, symptoms, and impact!**