

## 7 Stages of Reproductive Life

<b>First Menstrual Period (Menarche)</b>		<b>Age 9-15</b> (11-14 is average)
<b>Stage 1</b> <b>(Early Reproductive)</b>	Menstrual cycles (periods) may be irregular (this is normal at this stage).	Usually lasts 2-3 years
<b>Stage 2</b> <b>(Peak Reproductive)</b>	Menstrual cycles (periods) are regular (21-35 day cycles, average is 28 days).	Usually late teens to early 40s
<b>Stage 3</b> <b>(Late Reproductive)</b>	Starting to have subtle changes in flow (lighter or heavier). Length of cycle may start to change.	Usually early 40s but can be from 30s
<b>Stage 4</b> <b>(Early Perimenopause)</b>	Menstrual cycles (periods) are becoming irregular. Persistent 7+ day difference in length of consecutive cycles.	Usually mid-late 40s
<b>Stage 5</b> <b>(Late Perimenopause)</b>	Skipping periods for 60+ days at a time. Vasomotor symptoms (hot flushes and/or night sweats) are likely.	Usually late 40s to early 50s
<b>Final Menstrual Period</b>		<b>Age 51 average</b>
<b>Stage 6</b> <b>(Early Postmenopause)</b>	No periods at all for the past year. At this point, no further periods are expected, and any vaginal bleeding should be investigated. Vasomotor symptoms (hot flashes/night sweats) most likely.	Usually lasts 6 – 8 years but can be longer
<b>Stage 7</b> <b>(Late Menopause)</b>	Increasing genital and urinary symptoms (vaginal dryness, urinary frequency, recurring UTIs)	

Adapted from:

The Stages of Reproductive Aging Workshop (STRAW) +10 staging system for reproductive aging in women.  
(Figure 1 in Article:)

Menopause Transition and Cardiovascular Disease Risk: Implications for Timing of Early Prevention: A Scientific Statement From the American Heart Association

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