Menopause Statistics:

- There are about 37.5 million women reaching or currently at menopause.\(^1\)
- The average age of menopause is 51 years, however there is a wide age distribution that ranges from 40 years to 58 years.\(^2\)
- The average life expectancy for US women today is 84 years which means that many women spend around 50% of their adult life as a post-menopausal female.\(^2\)
- The menopausal transition takes around four years for most women.\(^2\)
- Up to 10% of women simply stop menstruating without any prior menstrual irregularity or symptoms that are common during menopause.\(^2\)
- Women who are malnourished begin the process of menopause up to 4 years earlier than women who are well nourished.\(^2\)
- Women who smoke typically reach menopause 1.5 years earlier than they would if they didn't smoke.\(^2\)
- Studies have shown that only 57% of women suffer with more than one symptom of menopause and that the remaining 43% experience nothing more than irregular periods.\(^2\)
- About 75% of women experiencing menopause will have hot flashes.\(^3\)
- Of the 57% of women who do suffer with menopause symptoms, 22% report that they affect their lives in a major way and that they couldn’t cope without medication.\(^2\)
- Hormone Replacement Therapy is thought to reduce the risk of heart disease in menopausal women by up to 50%, however, it may increase the risk of breast cancer by the same degree.\(^2\)

Sources

\(^1\) Centers for Disease Control and Prevention, Menopause: Women’s Reproductive Health [http://www.cdc.gov/reproductivehealth/WomensRH/Menopause.htm](http://www.cdc.gov/reproductivehealth/WomensRH/Menopause.htm)

\(^2\) Zimbio, Menopause Statistics [http://www.zimbio.com/Menopause+And+Hormones/articles/12/Menopause+Statistics](http://www.zimbio.com/Menopause+And+Hormones/articles/12/Menopause+Statistics)