

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>

² Zimbio, *Menopause Statistics* <http://www.zimbio.com/Menopause+And+Hormones/articles/12/Menopause+Statistics>

³ Mama's Health, *Menopause: symptoms, cause, treatment, complications, risk, statistics, long-term outlook*
<http://www.mamashealth.com/menopause.asp>