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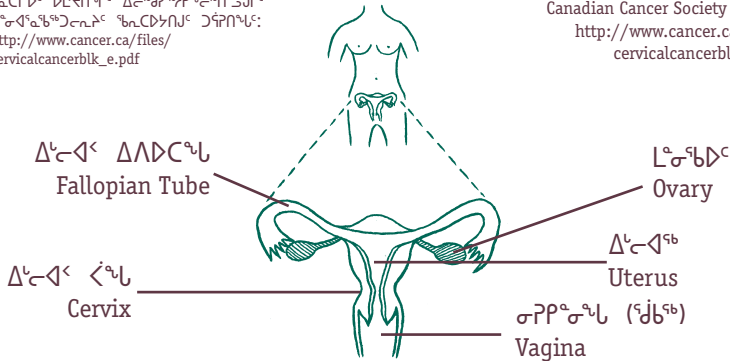
What is menopause?

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Menopause is a natural event in a woman's life. It is when women have no menstruation (period) for a full year and it does not come back.

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http://www.cancer.ca/files/cervicalcancerblk_e.pdf

Source:
 Canadian Cancer Society website
http://www.cancer.ca/files/cervicalcancerblk_e.pdf



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Menopause can happen naturally. It can also be brought on through a medical intervention such as the removal of the ovaries.

Remember!
 Even after missing periods for a few months, you may still be able to get pregnant

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Hormones are naturally occurring chemicals in the body that control the body's cells and functions. Women in their mid-30s begin to produce less of the sex hormones estrogen and progesterone. By the early 50s, most women's ovaries have stopped making enough estrogen to cause monthly menstrual periods. The periods become irregular and eventually stop. The hormones made by the ovaries affect many parts of the body. This explains all the different changes women experience during this time.

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