Don’t forget to check the lesson notes on this particular one and try the practice quiz in the portal below this video, look in the exercise files tab for more information,

Things change, and with regards to menopause, as it's not that we don't know what is happening, it's just, we don't know when and how this chemical reordering is going to take place, but when we are discussing it, we certainly know that words matter.

And it's important to note that not every woman menstruates and not every menstruator is a woman. We prefer to use the words menstruators and co-menstruator. A menstruator is a person assigned female at birth who will experience menstruation and therefore menopause. And a co-menstruator is someone who does not.

We often hear the word average use, but this can be something that switches people off from the conversation, because the way we use average in general terminology is, um, that we are either above average or below average. And nobody likes to be average. It's actually accurate in statistical data terms, but it's a word that we tend to avoid using.

Normal is also a word that sounds dismissive and is not comfortable for people to hear, especially if they are experiencing a menopause that is outside one that we refer to as typical or usual.

So, this is the words that we prefer to use when explaining the mechanics of menopause, particularly when you are comparing different kinds of menopause transition, natural is technically correct because the process is of nature, but because natural is used in marketing terms quite differently, when people are told that menopause is a natural part of the aging process, it can certainly feel far from it.

If we're going to use the words natural, we could at the same part time say that puberty is a natural part of the aging process and therefore periods starting are and periods stopping are. Try and reframe the conversation so that actually sits more in this very easy to explain window.

Menopause maths.

If we consider that periods start age 11 and we call this puberty, it is also referred to in clinical terms as menarche. 85% of the process is dictated by our DNA. And on average, statistically speaking, the typical hormone highway expects us to have 400 to four hundred and forty four, four hundred fifty periods over 40 years.

The first few years can be quite irregular. Then we have a period of settling in where the periods are regular, but then the last 10 years they become irregular again. And this part is termed perimenopause. You'll see a diagram called the straw plus 10, which describes this more in clinical terms in the class notes.

If we look at the day we start periods and how long they go on for 51 is actually the average age of menopause in the UK. This is when periods have stopped permanently. And literally this is practically one day or moment in time because the very next day, and then continuing on you’re classed as post menopause.

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If we were to look at representation of estradiol, for example, which is the blue line along this timeline from puberty to perimenopause to menopause and postmenopause, and beyond this is what it would look like.

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