

# Download Living With The Menopause Pdf

Menopause is the time in a woman's life when her period stops. It usually occurs naturally, most often after age 45. Menopause happens because the woman's ovaries stop producing the hormones estrogen and progesterone. Work and the Menopause: A Guide for Managers Introduction: Older women workers Women comprise approximately half (47 percent) of the UK's workforce. Overview The menopause is a natural part of ageing for women. The medical definition of the menopause is when a woman has her last period<sup>1</sup>. It usually Menopause, also known as the climacteric, is the time in most women's lives when menstrual periods stop permanently, and they are no longer able to bear children.