

Phases of Menopause

	Phase A	Phase B	Phase C	Phase D	Phase E
Duration	2 – 6 Months	2 – 6 Months	1 – 2 Years	1 – 2 Years	1 – 2 Years
Cycle	Regular, ovulator shorter cycles, short follicular phases	Regular, often ovulatory disturbances	Irregular, alternate short and long cycles, ovulation less than 50%	Oligomenorrhea, rare ovulation	Amenorrhea
Flow	Increased or the same	Increased	Increased or less, often alternating	Spotting alternating with flooding	None
Symptoms	Increased PMS, increased dysenorrhea, breast symptoms, exaerbation of headaches and migraines	Increased PMS, intermittent dysenorrhea	Less PMS but erratic, menstrual-type cramps may occur any time	No predictable symptoms, menstrual-like cramps in a few women, anytime	Few or confusing without subsequent flow
Flashes	First onset, cyclic before flow of midcycle (very often in the early morning)	Cyclic still during or at the end of sleep	Still cyclic, but less predictable, onset in daytime	Erratic, more persistent in long cycles	May become consistent daily, or decrease
Hormones	Normal FSH, Increased E_2 short follicular phases, LH normal, inhibin low(?)	Increased FSH intermittent, increased E_2 at flow for some nonovulatory cycles, LH normal, inhibin low(?)	Normal alternating with high E_2 , increase FSH persistently, increase LH occassionally, inhibin low(?)	Increased FSH intermittent, increased LH, E_2 normal except intermittent prolonged high levels, inhibin low	Increase FSH, increase LH, normal or low E_2 but intermittent low or high levels, below inhibin assay sensitivity

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