

Paradigm for a Staging System

								Final Menstrual Period (FMP)	
								0	
Stages:	-5	-4	-3	-2	-1	+1	+2		
Terminology:	Reproductive			Menopausal Transition		Postmenopause			
	Early	Peak	Late	Early	Late*	Early*	Late		
				Perimenopause					
Duration of Stage:	variable			variable		a	b	until demise	
						1 yr	4 yrs		
Menstrual Cycles:	variable to regular	regular Length ↓		variable cycle length (>7 days different from normal)	≥2 skipped cycles and an interval of amenorrhea (≥60 days)	Amen x 12 mos	none		
Endocrine:	normal FSH		↑ FSH	↑ FSH		↑ FSH			

*Stages most likely to be characterized by vasomotor symptoms ↑ = elevated

Soules MR et al. *Climacteric* 2001:267-72.

Soules MR et al. *Womens Health Gend Based Med* 2001:843-8