

ONE DIAGNOSIS. THREE DECADES.

How ovarian aging shows up in your 20s, 40s, 50s



20s

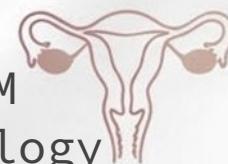


40s



50s

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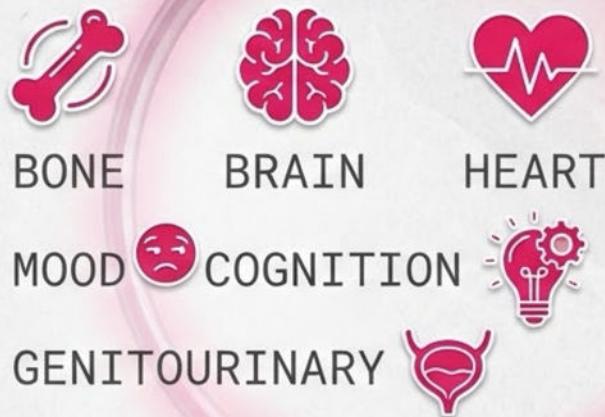
The Three Decades

Same biology. Different lives.



What We Miss

It's not just hot flashes



THE CALL TO ACTION

NAME IT ACCURATELY. AGE MATTERS.

-  • Primary ovarian insufficiency
-  • Perimenopause
-  • Menopause

IDENTIFY IT EARLIER.

Menstrual irregularities
and symptoms warrant
warrant a work-up



TREAT IT BETTER

Counseling, joint
decision making



**MENOPAUSE CARE
IS HEALTHCARE.**

RESOURCES



Professional Education

The Menopause Society. 2025 Annual Meeting (Orlando, FL; Oct 21–25, 2025).



Key Clinical References

- Davis, S. R., et al. (2023). The 2023 Practitioner's Toolkit for Managing Menopause. *Climacteric*, 26(6), 517–536. <https://doi.org/10.1080/13697137.2023.2258783>
- Baik SH, et al. (2024). Use of menopausal hormone therapy beyond age 65 years and its effects on women's health outcomes by types, routes, and doses. *Menopause*, 31(5), 363–371. doi:10.1097/GME.00000000000002335
- Panay N, et al. (2024). Menopause and MHT in 2024, Maki P, Nappi RE; International Society Board. Menopause and MHT in 2024: addressing the key controversies – *Climacteric*, 27(5), 441–457. doi:10.1080/13697137.2024.2394950



Patient Support / Advocacy

My28Days.org — patient education and support resources.