



Report created on **Jun 22, 2021**

Hello Wendy

Based on your AMH hormone level, **you are in Perimenopause**

What does this mean?

Perimenopause can begin 8 to 10 years before menopause, when the ovaries gradually produce less estrogen. It usually starts in a woman's 40s, but can start in the 30s as well. During perimenopause your body begins the menopausal transition. It is common for your period to become irregular and you may start to experience symptoms, such as hot flashes. You can still get pregnant in perimenopause, so if you are trying to avoid pregnancy it is recommended you use birth control while in this phase.

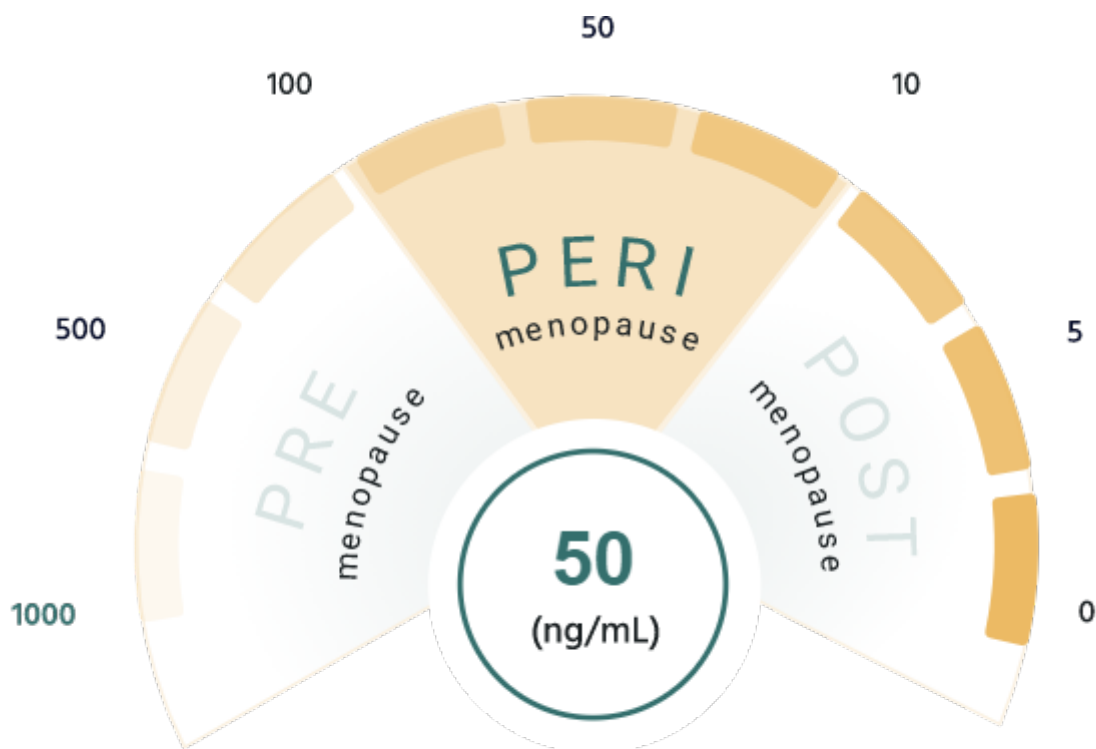
Menopause is one day in a woman's life, it is the one-year anniversary of a woman's last period. Menopause officially kicks in when the ovaries produce so little estrogen that eggs are no longer released. This also causes your period to stop completely. **On average, most women go through the menopause transition at 51 years old.**



AMH analysis

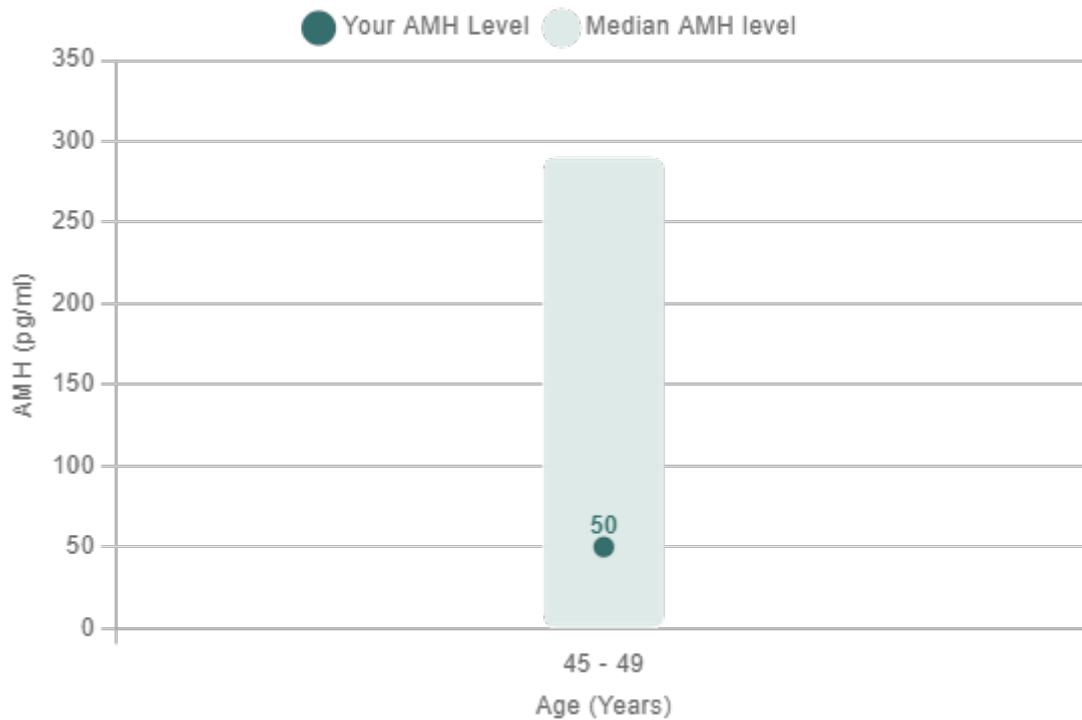
AMH (anti-mullerian hormone) is a key indicator of your ovarian reserve, or how many eggs you have left in your ovaries. Studies have consistently found AMH level to be a better predictor of time to menopause than age and other reproductive hormones, such as FSH and LH. AMH levels remain stable throughout your menstrual cycle, which makes it easy to measure. As you get older, your AMH levels decline.

You have **50 pg/mL of the hormone AMH (Anti-mullerian hormone)** which suggests that you are currently in perimenopause. Based on your age and hormone levels, you have NOT had your final menstrual period yet.



Your AMH Level

AMH levels by age



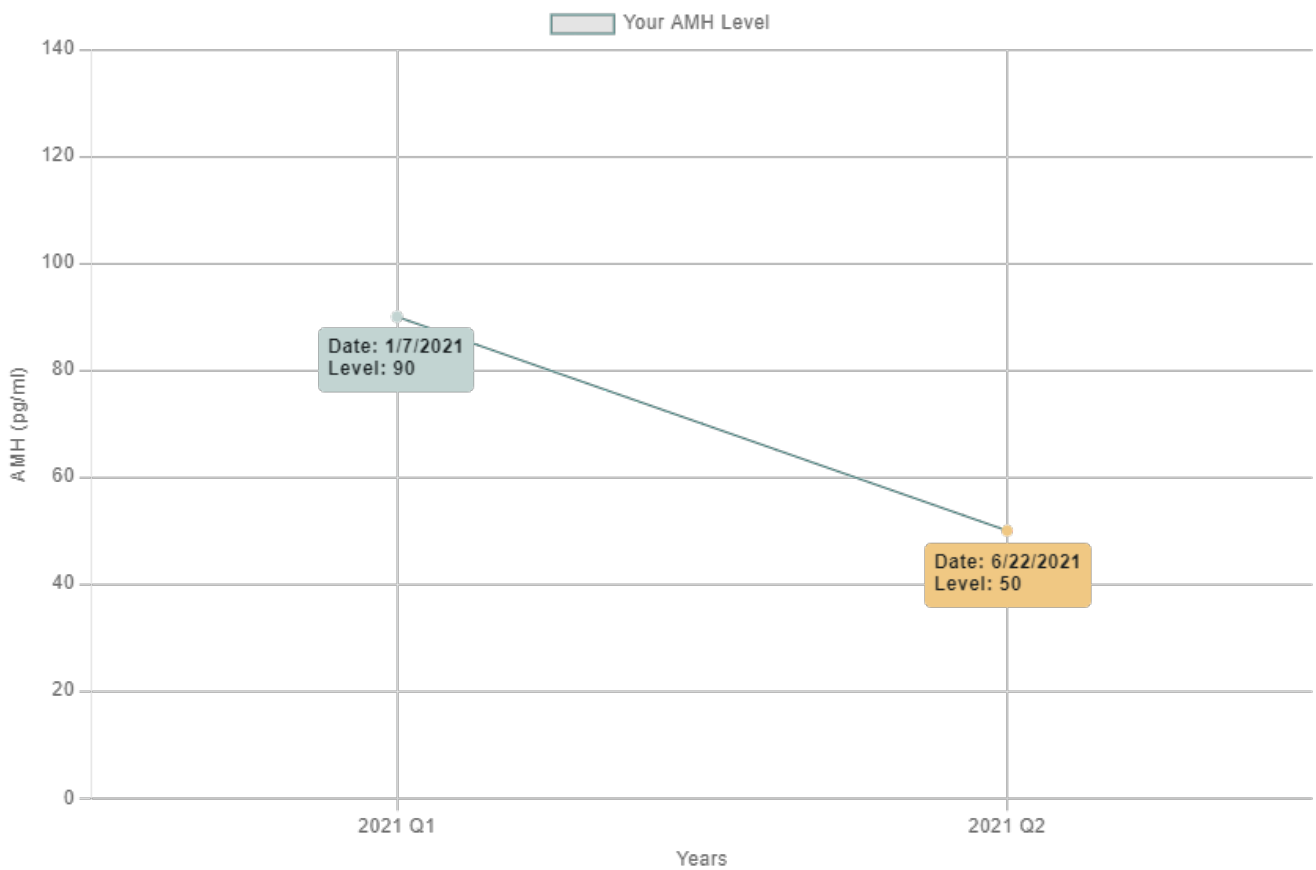
A normal AMH level is one that sits within range — it suggests that you have the expected number of eggs for your age. If your AMH level falls within the median AMH range, this means that you have a normal AMH level for your age.

On average, women 45 to 49 years old have AMH levels ranging from 0 pg/mL to 290 pg/mL. Your AMH is **50 pg/mL**, which means **your AMH levels are average when compared to women your age.**

AMH analysis

Qty	Date	Result	Normal Result
1	Jun 22, 2021	50 (pg/ml)	0 - 290 (pg/ml)
2	Jan 07, 2021	90 (pg/ml)	0 - 290 (pg/ml)

AMH Analysis on a graph



Your Prediction chart

A recent 2020 study shows that AMH levels can be used to predict when you will go through menopause.

Based on your age (47 years old) and AMH level (50 pg/ml) you have a 9% chance of going through menopause in 1 year, 20% chance in 2 years, and 39% chance in 3 years.

Percentage		Years (from report date)	
9%	Chance of going through menopause	within	1 year
20%	Chance of going through menopause	within	2 years
39%	Chance of going through menopause	within	3 years

Menopause prediction chart by age and AMH level

The table below shows the probability of reaching menopause within 1, 2, and 3 years by AMH level and age.

Age	AMH level	1 year	2 years	3 years
<48 years	<10	51%	65%	78%
	10 to 24	22%	48%	71%
	25 to 49	12%	25%	52%
	50 to 99	9%	20%	39%
	100 to 199	5%	12%	28%
	200 to 399	2%	5%	16%
	400+	2%	3%	6%