



How Many Periods?

Menopause

Estimated age I will stop my periods

01



Menarche

Estimated age I will start my periods
or age I started my periods

02

03

Children

Estimated number of children I hope to have



$\times 1.5$

=



04

Calculate

For each child I can expect not to have periods for about 18 months (1.5 years). This allows 9 months for pregnancy and 9 months (on average and taking account of breast feeding) before my periods resume.

Menstruation

Total number of years having periods

05



=

Period Total

I can expect to have:

\times

12.25

=



Average number of periods per year

periods in my lifetime

06