STRAW+10 Staging System to Determine Reproductive Age In Women

Stage	First Period					Final Menstrual Period					
	-5	**-4**	**-3b**	**-3a**	**-2**	**-1**	**0**	**+1a**	**+1b**	**+1c**	**+2**
Terminology	REPRODUCTIVE				MENOPAUSAL TRANSITION			POSTMENOPAUSE			
	Early	Peak	Late		Early	Late		Early			Late
						Perimenopause					
Duration	*Variable*				*Variable*	1–3 years		2 years (1+1)		3–6 years	*Remaining lifespan*
PRINCIPAL CRITERIA											
Menstrual Cycle	Variable to regular	Regular	Regular	Subtle changes in Flow/Length	*Variable Length Persistent ≥7- day difference in length of consecutive cycles*	Interval of amenorrhea of >=60 days					
SUPPORTIVE CRITERIA											
Endocrine											
FSH			Low	Variable	Variable	↑ >25 IU/L		↑ Variable		Stabilizers	
AMH			Low	Low	Low	Low		Low		Very Low	
Inhibin B			Low	Low	Low	Low		Low		Very Low	
Antral Follicle Count			Low	Low	Low	Low		Very Low		Very Low	
DESCRIPTIVE CHARACTERISTICS											
Symptoms						Vasomotor Symptoms *Likely*		Vasomotor Symptoms *Most Likely*			Increasing symptoms of urogenital atrophy

Definitions of terms in the table:

Menarche – first period

FMP (0) – final menstrual period = menopause

Amenorrhea – missing a period

Endocrine – hormone

FSH – follicle stimulating hormone

AMH – Anti-Mullerian hormone. A hormone produced in the ovarian follicles; used as a proxy to measure 'ovarian reserve' or the number of follicle+eggs left

Inhibin B – a hormone associated with the development of eggs

IU/L – International units per litre – a measure used in some lab reports

Antral follicle count (AFC) – the number of follicles that contain eggs

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