

How testosterone levels *change across life stages*

Testosterone levels change throughout a woman's life, largely in response to your reproductive lifespan.

While every woman's hormone levels are unique, **testosterone generally follows this pattern across different age ranges:**



0 TO 1:

Women are born with a small amount of testosterone, which plays a role in sexual differentiation.



1 TO 5:

Testosterone typically drops.



6 TO 10:

Testosterone begins to slightly rise.



11 TO 17:

Testosterone peaks in response to puberty.



18 TO EARLY 30S:

Testosterone declines slightly, but remains high throughout your peak reproductive years.



LATE 30S TO 40S:

Testosterone begins a long and gradual decline, in preparation for perimenopause.



40S TO MID-70S:

Testosterone continues to decline, even after menopause.



MID 70S AND UP:

For some women, testosterone stabilizes.



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