

MENOPAUSE AND HORMONES



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Hormone Replacement Therapy for Menopause WebMD

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The body's largest and most visible organ, your skin, undergoes changes during menopause. The reduction of estrogen at menopause decreases the water-holding ability and elasticity in the skin, leading to dryness, itching, and an increase in wrinkling and sagging.

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Hormone therapy Is it right for you Mayo Clinic

Hormone replacement therapy medications containing female hormones to replace the ones the body no longer makes after menopause is sometimes used to treat common menopausal symptoms, including hot flashes and vaginal discomfort.

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Hot Flashes What Can I Do National Institute on Aging

Should I Take Hormones for My Hot Flashes? Share this infographic and help spread the word about things women can do to stay healthy after menopause. Talk with your doctor before using hormones to treat menopause symptoms. Hormones should be used at the lowest dose and for the shortest period of time they are effective.

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Perimenopause and Hormones 34 Menopause Symptoms

Perimenopause and Natural Hormones. Perimenopause and natural hormones have been linked from the beginning, since natural hormones, like progesterone, estrogen, and testosterone are necessary for the menopause process to take place.. Menopause symptoms are usually indicative that the perimenopausal transition has begun and that changes are occurring within the endocrine system.

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Your Brain on Menopause. Sleep Your Way to Happier Menopause. While hormones influence your mood and your temper, what can make everything seem worse is a lack of sleep. And if getting a good

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Menopause You and Your Hormones from the Society for

The menopause is the time when menstruation stops because the ovaries stop producing hormones and releasing eggs for fertilisation. This marks the end of a woman's reproductive years.

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Experts Agree About Hormone Therapy Menopause Relief

Hormone therapy is an acceptable option for the relatively young (up to age 59 or within 10 years of menopause) and healthy women who are bothered by moderate to severe menopausal symptoms. Individualization is key in the decision to use hormone therapy.

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Perimenopause Rocky road to menopause Harvard Health

Perimenopause: Rocky road to menopause. Perimenopause symptoms can surface years ahead of menopause . Updated: August 24, 2018 Many women experience an array of symptoms as their hormones shift during the months or years leading up to menopause that is, the natural end of menstruation.

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Menopause MedlinePlus Medical Encyclopedia

During menopause, a woman's ovaries stop releasing eggs. The body produces less of the female hormones estrogen and progesterone. Lower levels of these hormones cause menopause symptoms. Periods occur less often and eventually stop. Sometimes this happens suddenly. But most of the time, periods slowly stop over time.

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