

Menopause

Dorling Kindersley - **Menopause: Symptoms, causes, and treatments**



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Menopause Symptoms That May Surprise You

Night sweats might wake you up. This new test may be helpful to women who show symptoms of perimenopause, which can also have adverse health impacts. During the first few years after menopause, you may lose bone density at a rapid rate, increasing your risk of osteoporosis.

The menopause

Many women experience accelerated bone loss the first few years after their last menstrual period. Or, you could have other health problems, such as vaginal or.

Menopause

©, Copyright 2020 Meredith Corporation. More studies are needed to understand the onset of menopause for non-Caucasian women.

Menopause Information from ne-x.uni.rf.gd

Other ways to sidestep potential smelliness? There is also some evidence that oestrogen deficiency is the cause of some chemical changes in the body which make women after the menopause especially vulnerable to heart disease and stroke. What worked for your mother or best friend may not work for you.

How Will I Know I'm in Menopause? Menopause Stages, Symptoms, & Signs

It not only controls your period and promotes changes in your body during pregnancy, estrogen also keeps the lining of your bladder and urethra healthy. In a small minority the periods cease abruptly. Hot flashes Hot flashes are common around the time of menopause.

11 Things Women Should Know About Menopause

For some, this can make sex more enjoyable. The median age for menopause is 51, though it may occur on average up to two years earlier for African-American and Latina women. Estrogen also influences how the body uses calcium and maintains cholesterol levels in the blood.

Menopause: Symptoms, Causes, Treatment, and More

Periods also tend to happen on shorter cycles, so they are closer together. Some women may only be in this stage for a few months, while others will be in this transition phase for more than four years.

11 Things Women Should Know About Menopause

Exercising and managing your weight by 400 to 600 calories to help.

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