

Menopause

Dorling Kindersley - Menopause



Description: -

- Menopause -- Popular works
-Menopause

Notes: Includes index.

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menopause

When your estrogen levels decline, your risk of cardiovascular disease increases.

Menopause, Perimenopause and Postmenopause

Avoiding triggers may reduce the number of hot flashes you experience. Menopause is a normal, natural event.

What Is Menopause?

Estrogen and Progestin Combinations - Patches Estrogen type Progestin type Brand Name Product Strength estradiol levonorgestrel 0. A doctor may recommend taking supplements and eating more calcium-rich foods to maintain bone strength. Vaginal dryness from decreased moisture production and loss of elasticity can cause discomfort and slight bleeding during sexual intercourse.

Menopause

Expected Duration Perimenopause usually lasts three to five years but it can take as few as two years or as many as eight years for some women. Women should get between 800 to 1,500 milligrams of calcium every day.

Menopause basics

Another reason for memory issues is the that often accompanies menopause. This test may be done when a woman is having irregular, frequent or heavy bleeding, but it is not routinely recommended as a test for menopause.

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