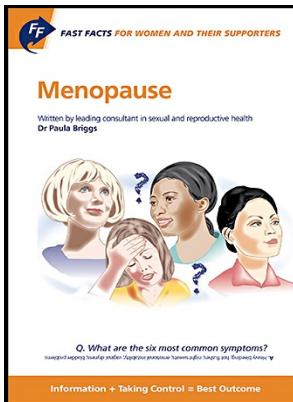


Menopause

Update - Menopause: Symptoms, causes, and treatments



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-Menopause

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Menopause: Symptoms, Causes, Treatment, and More

Menopause can cause uncomfortable , such as hot flashes and weight gain. Each person may experience menopause differently. Other ways to sidestep potential smelliness? But, recent health changes have been getting in the way of her plans.

What Is Menopause?

For people with ovaries, menopause is a relatively short period of time during which there is a significant drop in the production of estrogen and progesterone. A person with any of these symptoms may experience chafing and discomfort during vaginal sex.

Menopause Symptoms That May Surprise You

You should also try talking to your family members, loved ones, or friends about feelings of anxiety, mood changes, or depression so that they know your needs.

The menopause

Osteoporosis: This is a long-term condition in which bone strength and density decrease. Keeping your bedroom cool and avoiding heavy blankets at night can also help reduce your chances of night sweats. Preventive health care as you age may include recommended health screening tests, such as colonoscopy, mammography and triglyceride screening.

Menopause: Symptoms, causes, and treatments

During a , your uterus is removed. Exercise does not need to be vigorous to help.

Menopause

Cheese is another good source.

menopause

You may need to eat less and exercise more, just to maintain your current weight. The length of each stage of the menopause transition can vary for each individual.

Menopause Information from tech.radiozamaneh.com

An endometrial biopsy is an office procedure in which a tiny piece of endometrial tissue from inside the uterus is taken and examined under a microscope for signs of cancer.

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