

Menopause, HRT and you

Penguin - Experts Agree About Hormone Therapy, Menopause Relief



Description: -

- Tuning.

Organ (Musical instrument) -- Construction.

Menopause -- Popular works.menopause, HRT and you

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Notes: Includes index.

This edition was published in 1999



Filesize: 54.43 MB

Tags: #Menopause: #Medicines #to #Help #You

Hormone Therapy for Menopause

However, women affected with new symptoms of racing heart, urinary changes, headaches, or other new medical problems should see a doctor to make sure there is no other cause for these symptoms. Some of these medications have side effects that may limit their usefulness. There are also several nonhormone prescription medications that may help relieve hot flashes.

Stages of Menopause

Estrogen also influences how the body uses calcium and maintains cholesterol levels in the blood.

Hormone Therapy for Menopause

These conditions can be linked to menopause. 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.

Menopause hormone therapy and your heart

Your family history and your personal medical history and risk of cancer, heart disease, stroke, blood clots, liver disease and osteoporosis are important factors in determining whether hormone replacement therapy is appropriate for you. © 1998-2021 Mayo Foundation for Medical Education and Research MFMER.

Experts Agree About Hormone Therapy, Menopause Relief

The first is discussing your menstrual cycle over the last year. Don't smoke or use tobacco products. However, you can actually get pregnant during the menopause transition perimenopause.

Hormone therapy: Is it right for you?

An estimated 35%—50% of perimenopausal women suffer sudden waves of body heat with sweating and flushing that last 5—10 minutes, often at

night as well as during the day.

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