

Health and Fitness

Understanding the symptoms of menopause can help with the suffering

Menopause can be a stressful time for many women. One way to manage this stress is to build a better understanding of menopause and the symptoms that can occur.

What is menopause

Menopause occurs as the body reduces its production of female hormones progesterone and estrogen. This reduction usually takes place in women between the ages of

45 and 55.

What are the symptoms

The symptoms of menopause occur because of lower levels of estrogen. They may include:

- hot flashes
- excessive perspiration
- insomnia
- vaginal dryness

How can I ease these symptoms

Talk to your doctor or your pharmacist about the symptoms you are experiencing so he or she can recommend the treatments that are best for you.

Your doctor may suggest Hormone Replacement Therapy to reduce the symptoms of menopause.

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