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Menopause symptoms: managing hot flushes, night

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Menopause - signs, symptoms, diagnosis, treatment

Menopause (the change of life) symptoms include hot flushes and mood swings. Rest and stress reduction also play an important role in managing menopause symptoms.

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Harper, Valerie; Whitney, Catherine. Published by HarperEntertainment. ISBN 10: 0060199296

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Key words: bioidentical hormones, hot flashes, libido, urogenital symptoms. Aust Prescr 2010;33:171-5.

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Menopause. National Institute on Aging. Accessed May 22, 2014. Lethaby A, et al. Phytoestrogens for menopausal

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