

WHAT ARE

the symptoms of menopause?

Menopause does not happen all at once. As your body transitions to menopause over several years, you may have menopause symptoms and irregular periods. Some symptoms of menopause include hot flashes, vaginal dryness, lack of sleep, mood changes, and loss of bone density. If you are having trouble with menopause symptoms, talk to your healthcare provider.

KNOW YOUR FLOW

For more information on menopause go to medlineplus.gov/menopause.html

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