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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Suffering From Menopause? Your Treatment Options

By Brittney Foster

Menopause is defined as a natural life occurrence. This is because it is something that most women will undergo. Although most women experience menopause once they reach fifty years of age, there are women who can start to develop symptoms before or even after that time. Unfortunately, many of those symptoms can be difficult to manage. If you feel that you are suffering from menopause, you are advised to seek treatment. This treatment, whether it is provided by a healthcare professional or not, should relieve or completely eliminate the many symptoms of menopause.

Before familiarizing yourself with menopause treatment options, it is advised that you first be diagnosed with it. This may require a visit to your local physician. Although most women will automatically know that they are experiencing menopause, due to their age, not all will. Common menopause symptoms that you should be on the lookout for include, but should not be limited to, changes in menstrual cycles, hot flashes, insomnia, mood swings, vaginal dryness, headaches, sexual disinterest, weight gain, and concentration problems. If you notice a number of these symptoms, you are advised to schedule an appointment with your healthcare provider.

Once you have been diagnosed with menopause, you and your healthcare provider can work to develop a treatment plan. That treatment plan may include hormone replacement therapy. Since menopause is often caused by a decrease in estrogen, you may find that your physician wishes to replace those hormones. Popular hormone replacement therapy procedures include estrogen replacement therapy (ERT) and hormone replacement therapy (HRT). Depending on your menopause symptoms, your physician will choose the hormone replacement therapy that best fits your needs.

Hormone replacement therapy is one of the most popular menopause treatment options. This is mostly due to the fact that hormone replacement is implemented by a professional. However, there are a large number of menopause treatment options that can be considered alternatives. These alternatives are ideal because they often require little or no supervision from a physician. These alternatives include herbs, exercise, and other forms of alternative medicine.

If you are interested in seeking menopause treatment, but without having to pay a large amount of money, you are advised to examine the benefits of exercise. It has been noted that exercise helps to

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eliminate hot flashes. This is done by raising the endorphin levels in the body. These levels are important because when hot flashes occur, the levels typically drop. Exercise is an ideal way to reduce a number of menopause symptoms because, in many cases, it is free. Whether you make the decision to use your exercise equipment at home or just go for a walk, you should be able to increase your endorphin levels; thus resulting in the reduction or temporarily elimination of hot flashes.

Alternative medicine, including practices such as massages and acupuncture, are rapidly increasing in popularity. The goal of most alternative forms of medicine is to relax the body. This body relaxation is not only likely to improve your blood circulation, but it also likely to reduce many of your menopause symptoms. These symptoms most commonly include fatigue, weakness, and hot flashes. While alternative medicine is used by many, its cost may pose a problem. Many alternative medicine procedures are not covered under most health insurance plans. This means that if you decide to seek the assistance of alternative medicine, for menopause treatment, you may need to pay for that assistance out-of-pocket.

The above mentioned menopause treatment options are just a few of the many that you may find beneficial to you and your health. In the event that you are unable to seek relief from exercise, hormone replacement therapy, or alternative medicine, your physician may be able to provide you with information on additional treatment options.

Receiving Menopause Treatment does not have to be a frightening experience. Visit our site to find out what your treatment options are. Visit

<http://www.healthline.com>

How To Manage Menopause Symptoms

By Beverly Raven

Menopause is defined as the ending of the menstrual cycle due to the advancement in age of the species that experiences such cycles. Many people refer to the onset of menopause as "the change of life". Typically, the onset of menopause occurs when the ovaries cease to produce estrogen, which will eventually be the cause of the reproductive system shutting down. When this process begins to occur symptoms such as hot flashes, mood swings, depression and lack of mental focus are quite common. Additionally, women can experience a need to urinate frequently along with vaginal dryness and erratic menstrual cycles.

The duration of menopause typically lasts for about a year but can range anywhere from six months to as long as five years. Usually, menopause is simply something that occurs due to an advancement in age although it can also be brought about by procedures such as a hysterectomy or by the start of illnesses such as cancer.

The average age of women suffering from menopause is about fifty years old however, there are many cases of younger women experiencing menopause at younger ages. This is often defined as

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premature menopause and some instances premature menopause is brought about by disorders such as thyroid disease or diabetes. A very interesting fact concerning premature menopause is that many fraternal as well as identical twins suffer from menopause around the age of forty. Health care professionals have not yet totally discovered the reasons for this occurring. Women that are post-menopausal have an increased likelihood of developing osteoporosis and it is recommended by many doctors that they begin taking some type of calcium supplement.

The following are some extremely common symptoms of those that are suffering from the onset of menopause. Women can experience hot flashes, chills as well as night sweats and other disruptions in normal sleeping patterns. Vaginal itching, bleeding in addition to incontinence and the need to urinate frequently are also very common symptoms of menopause. Many women also experience mood swings, high irritability, decreased sexual desire and slight memory loss. Women over the age of fifty are warned against the dangers of osteoporosis once they have reached post menopause.

There are several ways in which women that are experiencing menopause can find relief from the symptoms that they are experiencing.

Hormone Replacement Therapy (HRT) is a very common treatment for those suffering from menopause. However, this type of treatment raises some arguments from some health care professionals. Some in the medical field believe that HRT is not very effective and can cause more harm than good to women undergoing treatment as many have experienced side effects such as heart problems related to the treatments.

A change in the dietary habits of some women have shown to have produced a reduction in the symptoms commonly associated with the onset of both premature menopause and menopause. Adding a comfortable exercise routine to compliment the positive dietary changes has been able to produce even more beneficial results in the treatment of menopausal symptoms.

Some women that have been diagnosed as going through menopause have chosen to treat their

symptoms with herbal remedies such as black cohosh and red clover. Others have increased the amount of calcium that take to help ward off the effects that menopause can have on their bones.

The best possible way to be able to handle and treat either the onset of menopause or premature menopause is to become well educated on the subject. Ask your doctor all the questions that you can think of and never be afraid of asking a question you might think is silly. If you have friends or relatives that have gone through menopause talk to them about their experiences and the things that they did to treat their symptoms. The Internet is a plethora of information about both menopause and the treatments used for its symptoms. You may also be able to find online support groups if you find yourself needing some support in dealing with this change in life. Being well informed will help you be able to make the choices that are going to be the most beneficial to you whilst treating menopause.

Learn more about menopause remedies at

<http://MenoRemedies.com>

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<http://www.menoremedies.com>
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