



## Quick Information about Menopause

by NEWLIFEOUTLOOK TEAM

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### The Facts about Menopause

Hot flashes are one symptom of menopause and they occur quite commonly. There are some things you can do to help hot flashes. One simple technique is as easy as breathing. Start taking long and slow breaths for at least 10 to 15 minutes a day. If you aren't sure how slowly you should breathe, try taking only six breaths within a minute. So in 15 minutes, you'll take 90 breaths. Other meditation approaches can also help the hot flashes to be less severe. This is since calming exercises help the autonomic nervous system to calm down. It's this system that's responsible for sweating, heart rate, and so on. All of these increase during a hot a flash.

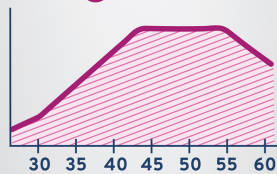
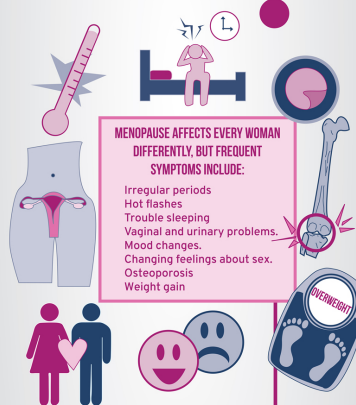
## The facts about **MENOPAUSE**

Menopause is the point in time when a woman's menstrual periods stop.

**THE AVERAGE LENGTH OF PERIMENOPAUSE IS 4 YEARS,** but for some women this stage may last only a few months or continue for 10 years. Perimenopause ends the first year after menopause (when a woman has gone 12 months without having her period).



Menopause happens because the ovaries stop producing the hormones **estrogen and progesterone**.



Most women reach menopause between the ages of 45 and 55, but menopause may occur as early as the 30s or 40s or may not occur until a woman reaches her 60s.

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