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Menopausal Symptoms & Treatment

Menopause is a natural stage of life,
but its symptoms can affect **comfort,**
sleep, mood, and daily activities.



**Hot flashes & night
sweats**



**Mood changes & sleep
problems**



Vaginal dryness



Irregular periods



**Treatment can
help manage symptoms.**

Depending on your symptoms and
health, options may include



Lifestyle
changes



Non-hormonal
treatments



Hormone
therapy



**Don't ignore persistent symptoms.
Talk to your gynaecologist.**



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