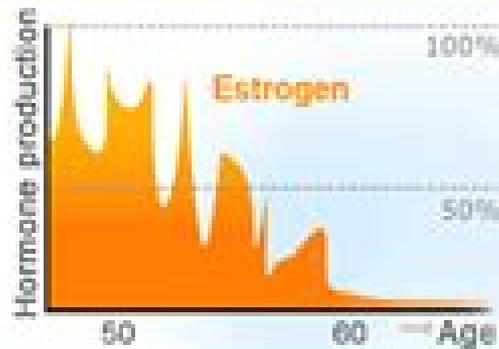


# Estrogen and Menopause

Although estrogen plays an essential role throughout women's reproductive years, its importance doesn't lessen once they reach menopause.

## LEVELS DURING MENOPAUSE

- Menopause: fluctuates unpredictably
- Postmenopause: consistently low



## SYMPTOMS OF IMBALANCE



- Hot flashes
- Mood swings
- Loss of libido
- Vaginal dryness

## RISKS OF IMBALANCE

- Osteoporosis
- Heart disease
- Incontinence
- Vaginal atrophy



## HOW TO BALANCE ESTROGEN



- Lifestyle changes
- Alternative medicine
- Pharmaceutical options

# Estrogen Memory Menopause

**Y Pai**



## **Estrogen Memory Menopause:**

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