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By Laura Sasman**

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Some research suggests women who smoke are likely to hit menopause sooner. such as hot flashes, various health issues affect women more than men,
<http://www.sharecare.com/health/womens-health/health-guide/womens-health-guide/signs-of-perimenopause>

Credible articles about women s health, from fitness and nutrition to menstrual cycles, Heart Health for Women; Menopause; Breast Health and Diseases ;
<http://womenshealth.about.com/>

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National Center for Complementary and Alternative Medicine. Office on Women's Health,
<http://www.mayoclinic.org/diseases-conditions/menopause/basics/definition/CON-20019726>

The women improved once they hit post-menopause, National Women's Health Network (NWHN) Website: Address: 1413 K Street, NW, 4th floor
<http://www.healthywomen.org/condition/menopause>

Our Bodies, Ourselves is a book about women's health and sexuality produced by the nonprofit organization Our Bodies Ourselves (originally called the Boston Women's
http://en.wikipedia.org/wiki/Our_Bodies,_Ourselves

Perimenopause is a relatively new term coined by the medical community to describe symptoms that occur as a woman moves closer to menopause. women s health
<https://www.womentowomen.com/menopause-perimenopause/perimenopause/>

(NAMS) provides physicians, practitioners and women essential menopause information, Women s Health and Menopause FAQs; Hormone Therapy & Menopause FAQs;
<http://www.menopause.org/>

health professionals and The menopause marks the time in a woman's life when Please use one of the following formats to cite this article in your essay

<http://www.medicalnewstoday.com/articles/155651.php>

Feb 24, 2011 A study by Harvard's Brigham and Women's Hospital found that women who experience hot flashes early on in menopause seemed healthy. The women were

<http://abcnews.go.com/Health/WomensHealth/link-menopause-hot-flashes-heart-attacks/story?id=12999614>

Apr 05, 2015 UNITED STATES)

http://oil.carboncapturereport.org/cgi-bin/dailyreport_kml?DATE=2015-04-06&r=9803074.16974008&type=2

WebMD Home Menopause Health Center Menopause Guide. Hot flashes vary among women going through menopause. Some women have hot flashes for a very short time during

<http://www.webmd.com/menopause/guide/menopause-hot-flashes>

It is not known why some women get signs of menopause in their mid to late thirties or early forties. Menopause Onset and Health Risks.

<http://www.everydayhealth.com/menopause/at-what-age-will-you-enter-menopause.aspx>

Jan 26, 2015 Studee L. Botanical and dietary supplements for mood and anxiety in menopausal women. Menopause for Specialized Women's Health; Karin

<https://nccih.nih.gov/health/menopause/menopausesymptoms>

The clinical goals of perimenopausal treatment are to optimize a woman's health because clinical research data on the perimenopause are limited, health care

http://www.medscape.com/viewarticle/406706_7

In the United States more than 1.3 million women are expected to reach menopause every year. Despite the growing number of studies being conducted in women's health,

<http://womensmentalhealth.org/specialty-clinics/menopausal-symptoms/>

Jun 21, 2012 Jackie Townsend hit menopause at age 40, "can take a heavy emotional toll, specializing in women's health and

<http://abcnews.go.com/Health/WomensHealth/early-menopause-physical-emotional-toll/story?id=16613401>

treatment and factors contributing to depression that are unique to women. but rates decrease among women after menopause Journal of Women's Health

<http://www.nimh.nih.gov/health/publications/women-and-depression-discovering-hope/index.shtml>

The gifts of menopause and post-menopause for women; Menopause is a developmental milestone in women's health like puberty in reverse and it's

<https://www.womentowomen.com/menopause-perimenopause/what-i-love-about-menopause-understanding-what-menopause-is/>

Hormone replacement therapy particularly when given to older postmenopausal women. As the concern about health For women who reach menopause

<http://www.mayoclinic.org/diseases-conditions/menopause/in-depth/hormone-therapy/ART-20046372>

What happens as women enter menopause? mental and spiritual health. They can hit as often as every 90 minutes.

<http://powertochange.com/studies/part-one-what-happens-as-women-enter-the-stage-of-menopause/>

Aug 12, 2014 Some women experience menopause at an earlier age for a variety of reasons. Perimenopause & Menopause, Health, Wellness, Fitness, Healthy Eating,

<http://www.more.com/menopause-stages>

Find out about hormone replacement HRT for post-menopausal women - and ascertain if there are health benefits or the menopause. When she hit

<http://www.nhs.uk/Livewell/menopause/Pages/HormoneReplacementTherapy.aspx>

we hear so much about women's health over 40 that it can be hard for many women, the menopause transition involves relatively minor discomforts that do not

<http://www.ourbodiesourselves.org/health-info/ten-myths-about-menopause-and-womens-health-over-40/>

During menopausal transition and after menopause, women can experience a wide range of symptoms. Vagina and uterus . During the transition to menopause,

<http://en.wikipedia.org/wiki/Menopause>

Magazine > Bone Health and Heart Health > Diabetes Hits Women Hard at hits women hard, especially at Healthy at Menopause; Diabetes Hits Women Hard at

<http://www.menopause.org/for-women/menopauseflashes/bone-health-and-heart-health/diabetes-hits-women-hard-at-menopause-beat-it-back>

Menopause Health Center. Tools & Resources. What Causes Menopause? A woman is born with a finite number of eggs, which are stored in the ovaries.

<http://www.webmd.com/menopause/guide/menopause-basics>

But for 100 or so women attending a menopause workshop one Sunday, well-informed women often hit a wall when it comes to deciding which The Oprah Magazine <http://www.oprah.com/health/Menopause-Research-The-Oprah-Magazine-Report-on-Hormones>

Menopause basics. What is menopause? What is perimenopause? Symptoms; Tracking your symptoms; Menopause and your health Early menopause (premature menopause) <http://www.womenshealth.gov/menopause/>

Review Of Literature Related To Menopause Health Essay were observed in three of nine components of the women's health questionnaire for those taking combined <http://www.ukessays.com/essays/health/review-of-literature-related-to-menopause-health-essay.php>

Learn about menopause preparedness education for patients in their mid- 40s and using a 15- minute well woman Menopause-Focused Well- Woman health <http://www.personalmenopauseanswers.com/HCP/patient-education>