

problems during menopause is due to the drastic hormonal changes during menopausal transition, so care and cooperation should be given to the menopausal women from their husband as well as from other family's member to easily tackle the transitional periods. Many people think that the symptoms of menopause are due to aging process, so do not need any treatment. There for proper guidance and education regarding menopause should be given to the women so that they can take proper remedy and treatment to handle the onset of menopause and a make a happy and worthy post menopausal life.

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