

WOMEN AND HOT FLASHES



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While medical studies haven't backed up their effectiveness for reducing hot flashes, some women find certain herbal products to be helpful.

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Hot Flashes and Night Sweats PDQ Patient Version

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For most women, hot flashes and trouble sleeping are the biggest problems associated with menopause. But, some women have other symptoms,

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Hot flash Wikipedia

Hot flashes (American English) or hot flushes (British English) are a form of flushing due to reduced levels of estradiol. Hot flashes are a symptom which

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