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web aug 31 2020 in case of experiencing vms many women aged less than 45 years 50 were shown to experience only hot
flush as a monosymptom whereas for women aged 45 60 years the cases in which both hot flush and sweating were
experienced increased up

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web hrt medicines contain female hormones that replace those your body no longer produces during menopause hrt is used
to treat hot flashes bone loss vaginal dryness and atrophy and low estrogen

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there are two main types of natural hrt bioidentical hrt and traditional