Life Changes
Menopause: associated problems

JEAN COOPE

Doctor's comment

As the menopause causes anxiety at the menopause but not necessarily depression. Recognising the occurrence of continuing discomfort or change can be important, and a visit to the doctor or nurse may be helpful. It is important to discuss your symptoms with your doctor or nurse as you may be experiencing postmenopausal problems. The menopause is a normal part of the human life cycle, and it is a time for reassessment and adjustment. You may find it helpful to talk to someone who understands what you are going through. It is important to recognise that the menopause can be a difficult time for some women. You may find it helpful to talk to someone who understands what you are going through. It is important to recognise that the menopause can be a difficult time for some women. You may find it helpful to talk to someone who understands what you are going through. It is important to recognise that the menopause can be a difficult time for some women. 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