

**FLASHES: ADVENTURES IN DATING THROUGH
MENOPAUSE**

Denice Wike

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And after the perimenopausal years, when periods often become irregular and bleeding may be heavy, it puts an end to the guessing game of when your period is going to start or stop. Loss of Sexual Desire Research indicates that 30 to 35 percent of menopausal women undergo some loss of sexual. Related " ". The first phase of the menstrual cycle day 0 to approximately day 14 is known as You want enough to relieve your symptoms, and enough to protect your bones and heart. End of life and palliative care services. Smokers may have an earlier menopause than non-smokers. The difficulty in assessing the risk of carbonated beverages stems from the fact that most studies of this problem involve teenage girls. Listening to audio recordings with suggestions for deep mental relaxation can improve sleep.