

MENOPAUSE

Meaning: Menopause is the natural biological process marking the end of a woman's menstrual cycles, typically occurring in middle age, characterized by hormonal changes and various physical and emotional symptoms.

1. Menopause often brings about significant changes in a woman's body and emotions.
2. Many women seek information and support to navigate the challenges of menopause.
3. Symptoms of menopause can vary greatly from one woman to another, impacting daily life.
4. It is important for women to discuss their experiences of menopause with healthcare professionals.
5. Lifestyle changes, such as diet and exercise, can help alleviate some menopause symptoms.

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