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Though her story is undoubtedly unique, what's not is her

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Understanding of living and dealing with the menopause as a hardworking mother and wife, and it is this wisdom that she wants to share with other women - over 13 million women in the UK - estimated to be experiencing the menopause. Candid and honest, Hot Flush details Michelle's struggles with dealing with the menopause in her own head as well as in her marriage, family life and the work place. She details the emotional and physical ...

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your symptoms: cut out or reduce
coffee and tea. stop smoking.
keep the room cool and use a fan
(electric or handheld) if
necessary. if you feel a flush
coming on, spray your face with
cool water or use a cold gel pack
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Though her story is undoubtedly unique, what's not is her understanding of living and dealing with the menopause as a hardworking mother and wife, and it is this wisdom that she wants to share with other women - over 13 million women in the UK - estimated to be experiencing the menopause. Candid and honest, Hot Flush details Michelle's struggles with dealing with the menopause in her own head as well as in her marriage, family life and the work place. She details the emotional and

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The journey that Michelle's body embarked upon following the surgeries led her into the menopause in her mid-thirties. In Hot Flush , At the age of thirty-three, Michelle Heaton, singer, TV presenter, star of the hit ITV show The Real Full Monty , mother and wife underwent a double mastectomy and hysterectomy to reduce the risk of cancer caused by the BRCA gene mutation.

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menopause in her mid-thirties. In Hot Flush , Mich At the age of thirty-three, Michelle Heaton, singer, TV presenter, star of the hit ITV show The Real Full Monty , mother and wife underwent a double mastectomy and hysterectomy to reduce the risk of cancer caused by the BRCA gene mutation.

Hot Flush: Motherhood, the Menopause and Me by Michelle Heaton

So what causes hot flushes apart from the menopause? 1.

Prescription medication. Hot flushes may be a side effect of certain medications, often those prescribed for pain, osteoporosis, depression, anxiety or hormonal conditions. Tramadol, steroids

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and opioid-based medication are common culprits.

What causes hot flushes apart from the menopause? | 10 ...
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Take a lukewarm shower. When you take a shower, aim for a temperature that's a happy medium rather than too hot. Lead a healthy lifestyle. Following a healthy lifestyle can help with

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Many other symptoms of the menopause, not only hot flushes. Eat a healthy diet, exercise regularly, drink sensibly and don't smoke.

Symptoms of menopause – how to manage hot flushes - Bupa
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Menopause and Me (Edizione ...
About Thriving In Menopause, The
Podcast. Menopause can be a
tricky time for a lot of us as
strange things start happening to
our bodies. From endless hot
flushes, weight gain, sleepless
nights, insane mood swings, and
a barely-there libido. All of these
symptoms can make it a really
tough time.

'Meet My New Tummy', Nutrition
Scientist Dr Joanna ...
Deeche, D. & Dorries, K. (2007).
Understanding the
pathophysiology of vasomotor
symptoms (hot flushes and night
sweats) that occur in
perimenopause, menopause, and
post-menopause life stages. Arch.
Women's Mental Health, 10:

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247-257. Mayo Clinic. The science behind a hot flush. Mayo Clinic Online, PDF Handout; Sharma, S. & Kavuru, M. (2010).

Why your hot flushes become worse during or after ...

Hot Flush : Motherhood, the Menopause and Me EPUB.

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Available. Share. Description.

At the age of thirty-three, Michelle Heaton, singer, TV presenter, star of the hit ITV show The Real Full Monty, mother and wife underwent a double mastectomy and hysterectomy to reduce the risk of cancer caused by the BRCA gene mutation.

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