

### QUESTION OF THE WEEK

**Q:** What kind of treatment can help with menopausal symptoms?



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**S**ome women have mild symptoms, but treatment is recommended for moderate to severe symptoms. Prescription medication is available to treat hot flashes, night sweats and mood swings.

Some women prefer bioidentical hormones for general symptoms. They have not been found to be safer than the more commonly prescribed medication. Hormone levels need to be drawn with this treatment, and they are not always covered by insurance.

Over-the-counter medication is also commonly used. I only suggest these types of medication for

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# Treat

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patients with mild to moderate symptoms and patients who do not want to take prescription hormone replacement therapy. Black cohosh, ginseng

tea, soy and yams have plant-based hormones that help. These are found in the herbal supplement section of stores and are not FDA approved.

Some women are not hormone replacement therapy candidates. A woman who is consider-

ing hormones of any kind should consult with her doctor before beginning any of these regimens.

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