



Menopause and Migraines New Rulings Indicate Power of Prevention

Menopause and Migraines have a very striking connection. The studies found that women who are prone to both migraines and pre menopausal symptoms like hot flashes and night sweats in adult life have a higher risk of stroke and cardiovascular disease. Meanwhile, women who only suffer from migraines have a higher risk of persistent symptoms of menopause later on.



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