Scientists Suggest Early Menopause Linked With Heart Disease

Alana McIntosh January 10, 2019

Purest Vantage DIM

Purest Vantage DIM is being widely studied by experts, and has been found to be extremely helpful to women suffering from menopause symptoms.

(Newswire.net -- January 10, 2019) Orlando, FL -- Menopause can happen to women who are in their thirties. When it does, experts suggest women should consider having themselves checked for cardiovascular disease.

A University of Oxford study revealed that women who had issues with their reproductive health or had menopause early should be screened for cardiovascular illness.

Dr. Angie Brown, Medical Director of the Irish Heart Foundation agrees, and even suggests that more emphasis should be put on the danger of heart disease for women.

"There are several studies showing that women who go through early menopause are at a significantly increased risk of heart disease and stroke," she says.

When a female body reaches the menopausal stage, its cardiovascular risk also catches up with that of men. It is strongly advised that women should have regular check-ups and improve their lifestyle to prevent such an increased risk.

There are steps most recommended by experts like being active to maintain the right levels of blood pressure and cholesterol, having a healthy weight, not smoking, and learning about one's family history.

Since the susceptibility for heart conditions is high among women who have an early menopause, they are advised to see their health care provider.

It is worth remembering the menopause is a natural ageing process stage, and it happens when the ovaries gradually stop producing eggs.

According a woman ages, the sex hormones also change and rebalance. Estrogen is a hormone regulating the ovaries and periods. The production of estrogen gradually reduces and the ovaries start failing to produce an egg every month.

Such a drop leads to the physical and psychological symptoms of the menopause. One of the symptoms is a change in menstruation, whether it is erratic or no periods at all. It can also lead to hot flushes, lethargy, mood swings, night sweats, pains, and stiffness.

Women who suffer from menopausal symptoms may resort to measures that could help them reduce symptoms. With the help of a health care provider, symptoms may be reduced.

There are natural remedies believed to be helpful for women who struggle from menopause symptoms. One is Diindolylmethane (DIM), which is gaining an increasing attention from consumers.

DIM is being widely studied by experts, and has been found to be extremely helpful to women suffering from menopause symptoms. This natural remedy is actually being widely studied by many researchers due to its amazing healing potentials.

Purest Vantage DIM is a formula consumers may take into account using. It is highly potent and is even protected with a complete customer satisfaction guarantee.

(http://www.amazon.com/DIM-Diindolylmethane-250mg-Per-Capsule/dp/B072C46H29)

About PUREST VANTAGE

Purest Vantage is passionate and dedicated to developing high-quality products that assist people in maintaining optimal health, enabling them to enjoy all the benefits a healthy lifestyle offers.

PUREST VANTAGE

390 North Orange Avenue
Suite 2300-C
Orlando, FL 32801
United States
(407) 208-2064
media@purestvantage.com
http://www.purestvantage.com
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