WAR  continued from page 2
the conflict as to whether all United Nations scientists, and economic sanctions against Iraq would not be
both sides, were heard the previous day.
On Friday, Bush would have been
unilateralism, and this is going to be
and because the world is looking to
and the Christian Science Monitor and
the opinion. Of these seven, seven
members were available for a con-
Warren Wells said seven board
would be excited about Il Spazio.
students and white-collar workers,
restaurant will be stu-
tion base for the
Newton said.
it could open up
the city.
would find in a big
atmosphere as one
business.
will be competitive with other local
students to stay educated about world
sciousness.
will be competitive with other local

ATTENTION: If you are a younger woman 30 years of age or older, this affects you!
False: Primopen can begin can begin up to 13 years before menopause.

Join us in the
The Integrative Wellness Institute presents
Menopausal Wisdom:
Approaching the Change Holistically
Shelona LeBleth, director of The Source Life Enrichment Center in St. Louis, MO.
A workshop for 2 days of all who are in whose journey
the importance of being in your body and
in the realization of your own body
and soul. It is to discover to do the
and you will love it.
Barbara Barlowker and Board members
LeBleth, Bristol-Rosalie and Jennie all voted in
on the strength of the beliefs of their
representative Shelly McKee also
in the belief of the

New Businesses
will compete with other local
bars and restaurants.
He said Il Spazio will have the
atmosphere as one
business.
will be competitive with other local

Citizens of the United States with a desire to
and current issues associated with physical changes.

University General Counsel
Watts Run called several board members were available for the telephonic call in which an official
er was taken of those seven, five
casting members voted for

SecretaryBarbara Barlowker and Board members
LeBleth, Bristol-Rosalie and Jennie all voted in
on the strength of the beliefs of their
representative Shelly McKee also
in the belief of the

College Republicans.

Dixon's nomination.
vote was taken. Of those seven,
were available for a con-

The College
name of the conservative
administration, a word
are required by the
arch and from being
of the

A woman who is initiating her menopause in her thirties and forties can
face emotional, physical and sexual changes as a result of the drop in estrogen
levels. This transition is often referred to as the perimenopause. It is the
time period that begins with the first missed period and ends with the
data acquisition of a regular menstrual cycle. It often begins at ages 40 or
earlier, but varies greatly from woman to woman, with some experiencing
symptoms in their thirties, while others do not experience any changes
until their late forties or early fifties. The changes can vary widely in
severity and duration, and not all women experience them to the same degree.

Physical changes during menopause
Menopause marks the end of a woman's reproductive years and
a significant change in hormone levels. Estrogen and progesterone levels
are reduced, leading to various physical changes.

1. Hot flashes: Rapid rise in body temperature, resulting in
sweating, flushing, and sometimes palpitations or racing heart.

2. Night sweats: Unexpected and severe sweating at night,
resulting in disrupted sleep.

3. Vaginal dryness: Menopause can lead to thinner and less
elastic vaginal tissue, which can result in dryness and discomfort.

4. Urinary incontinence: Leakage of urine may occur during
coughing, sneezing, or physical exertion.

5. Changes in bladder control: Increased urgency to urinate
or the感觉 of needing to urinate before reaching the bathroom.

6. Changes in sexual function: Flattening of the sexual
response curve, reduced sexual desire, and changes in
sexual function.

7. Headaches: Lower estrogen levels can cause
headaches, migraines, and other neurological symptoms.

8. Migraines: Women may experience
migraines during menopause as the
result of hormonal changes.

9. Changes in mood: Hormonal changes can affect
mood swings, irritability, and emotional
outbursts.

10. Changes in skin: The decrease in estrogen levels
leads to dryness, thinning, and a loss of
elasticity in the skin, which can result in
wrinkles and sagging.

Emotional and psychological changes
Women may experience emotional and psychological changes during
menopause. These changes can be subtle or pronounced, and
they may include:

1. Increased stress: Changes in hormone levels can
lead to increased stress and anxiety.

2. Mood swings: Women may experience
sudden changes in mood, ranging from
happiness to sadness.

3. Depression: Lower estrogen levels can contribute
to the development of depression.

4. Anxiety: Women may experience
anxiety, which can manifest in various
ways, such as difficulty sleeping or
nervousness.

5. Bay Watch: Increased concern about
the appearance of the body and
the fear of aging.

6. Changes in sleep: Hormonal changes
may affect sleep patterns, leading
to changes in the amount
and quality of sleep.

7. Changes in appetite: Women may
experience changes in appetite,
resulting in increased or decreased
intake of food.

8. Changes in energy levels: Hormonal changes
may affect energy levels, leading
to increased fatigue or improved
vitality.

9. Changes in memory: Lower estrogen levels
may affect memory, leading
to difficulties with concentration
and forgetfulness.

10. Changes in sex drive: Women may experience
changes in sexual desire, ranging from
increased interest to decreased interest.

Physical changes during menopause
A woman's body undergoes a number
of changes during menopause.

1. Changes in the reproductive organs: The
reproductive organs lose
their ability to produce
estrogen, leading to
changes in the shape
and size of the uterus
and the vagina.

2. Changes in the breasts: The breasts
may become less firm and
less elastic, leading to
changes in the shape
and size.

3. Changes in the skin: The skin may
become drier, thinner, and
less elastic, leading to
changes in the texture
and appearance.

4. Changes in the cardiovascular system:
The heart may become more
susceptible to disease,
leading to changes in
the structure and function
of the cardiovascular system.

5. Changes in the immune system:
The immune system may
become less effective,
leading to changes in
the ability to fight off
infections.

6. Changes in the bone density:
The bones may become more
susceptible to fracture,
leading to changes in
the structure and function
of the bones.

Emotional and psychological changes
A woman's emotions may change
during menopause. Women may
experience:

1. Increased stress: Changes in hormone levels
may lead to increased stress.

2. Mood swings: Women may experience
sudden changes in mood.

3. Depression: Lower estrogen levels can contribute
 to the development of depression.

4. Anxiety: Women may experience
anxiety, which can manifest
in various ways.

5. Bay Watch: Increased concern about
the appearance of the body and
the fear of aging.

6. Changes in sleep: Hormonal changes
may affect sleep patterns.

7. Changes in appetite: Women may experience
changes in appetite.

8. Changes in energy levels: Hormonal changes
may affect energy levels.

9. Changes in memory: Lower estrogen levels
may affect memory.

10. Changes in sex drive: Women may experience
changes in sexual desire.

Physical changes during menopause
A woman's body undergoes a number
of changes during menopause.

1. Changes in the reproductive organs:
The reproductive organs lose
their ability to produce
estrogen, leading to
changes in the shape
and size of the uterus
and the vagina.

2. Changes in the breasts: The breasts
may become less firm and
less elastic, leading to
changes in the shape
and size.

3. Changes in the skin: The skin may
become drier, thinner, and
less elastic, leading to
changes in the texture
and appearance.

4. Changes in the cardiovascular system:
The heart may become more
susceptible to disease,
leading to changes in
the structure and function
of the cardiovascular system.

5. Changes in the immune system:
The immune system may
become less effective,
leading to changes in
the ability to fight off
infections.

6. Changes in the bone density:
The bones may become more
susceptible to fracture,
leading to changes in
the structure and function
of the bones.

Emotional and psychological changes
A woman's emotions may change
during menopause. Women may
experience:

1. Increased stress: Changes in hormone levels
may lead to increased stress.

2. Mood swings: Women may experience
sudden changes in mood.

3. Depression: Lower estrogen levels can contribute
 to the development of depression.

4. Anxiety: Women may experience
anxiety, which can manifest
in various ways.

5. Bay Watch: Increased concern about
the appearance of the body and
the fear of aging.

6. Changes in sleep: Hormonal changes
may affect sleep patterns.

7. Changes in appetite: Women may experience
changes in appetite.

8. Changes in energy levels: Hormonal changes
may affect energy levels.

9. Changes in memory: Lower estrogen levels
may affect memory.

10. Changes in sex drive: Women may experience
changes in sexual desire.