

# **Self Care Measures to Relieve Menopausal Symptoms**

## **Thesis**

**Submitted for Partial Fulfillment of the  
Requirements of Master Degree  
in Nursing Science  
( Maternal Neonatal Health Nursing )**

**BY**

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**2006**

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# DEDICATION

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*Samia Ebrahim Osman Hassan*



*Introduction*

*&*

*Aim of the study*

# Review of Literature

# Subjects & Methods



# Results

# Discussion

# Conclusion & Recommendations

# Summary

# References

# Appendices

# Appendix (I)