menopause

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Menopause


women
chills
hot flashes
mood changes
sleep problems
depression
mood swings
woman
night sweats
menopause
anger
menopause
estrogen
ovaries
weight gain
ovaries
anger
anxiety
irritability
ovaries cease
ovaries
woman

What is menopause?

- Menopause is the end of the reproductive period in women.
- It is signalled when a woman doesn't have her period for at least 12 months.
- This term also describes the changes a woman goes through after stopping her period.
- For each woman the symptoms may vary.

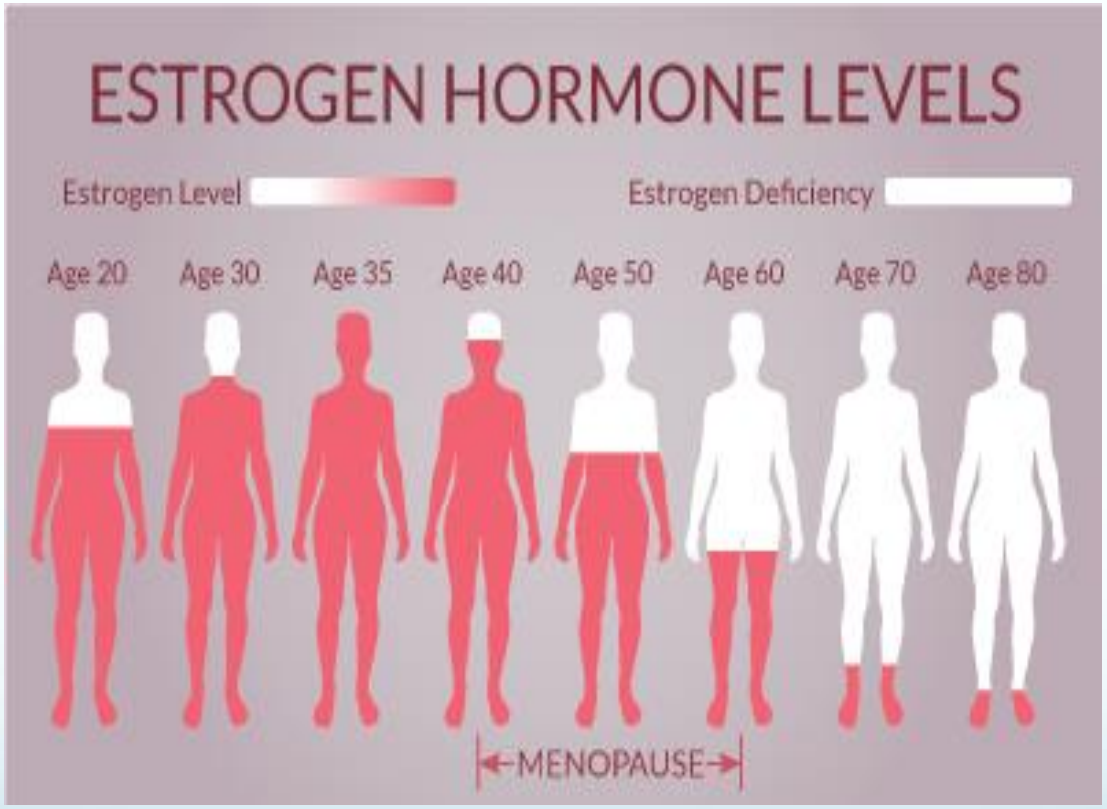
Menopause



What Causes Menopause?

- At puberty a woman has about 300 000 eggs present in her ovary.
- The ovary produces hormones oestrogen and progesterone which plays a role in our menstrual periods.
- As we age the eggs are damaged and die and thus around the time of menopause there is no eggs that are released after a period.

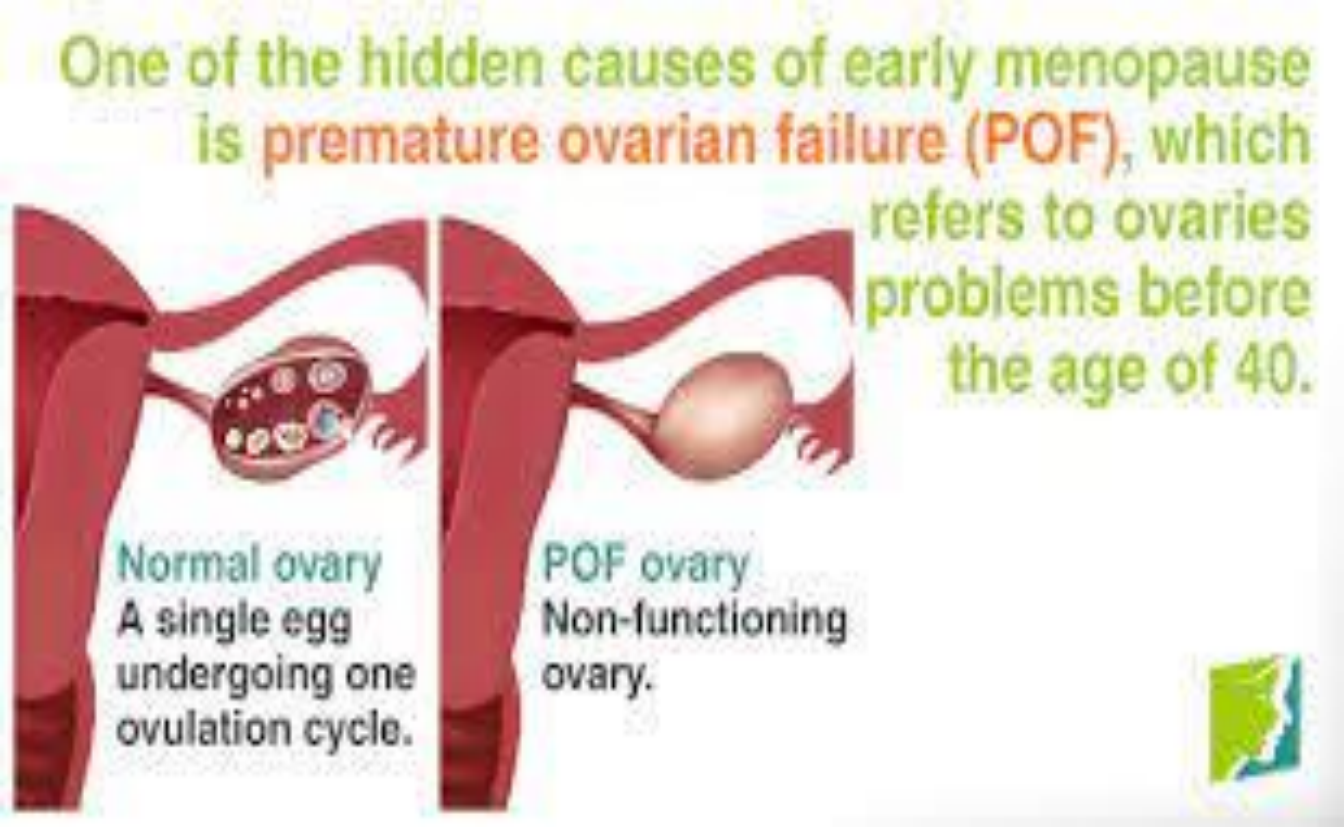
Menopause


ESTROGEN HORMONE LEVELS
Estrogen Level
Estrogen Deficiency
Age 20
Age 30
Age 35
Age 40
Age 50
Age 60
Age 70
Age 80
MENOPAUSE

What Causes Menopause?

- Menopause is a regular part of ageing and it commonly starts in the late 40's and early 50's.
- For some women menopause can occur before time. This is called premature menopause.
- Premature menopause can be due to surgical removal of the ovaries or conditions like endometriosis, cancer therapy or steriod therapy.

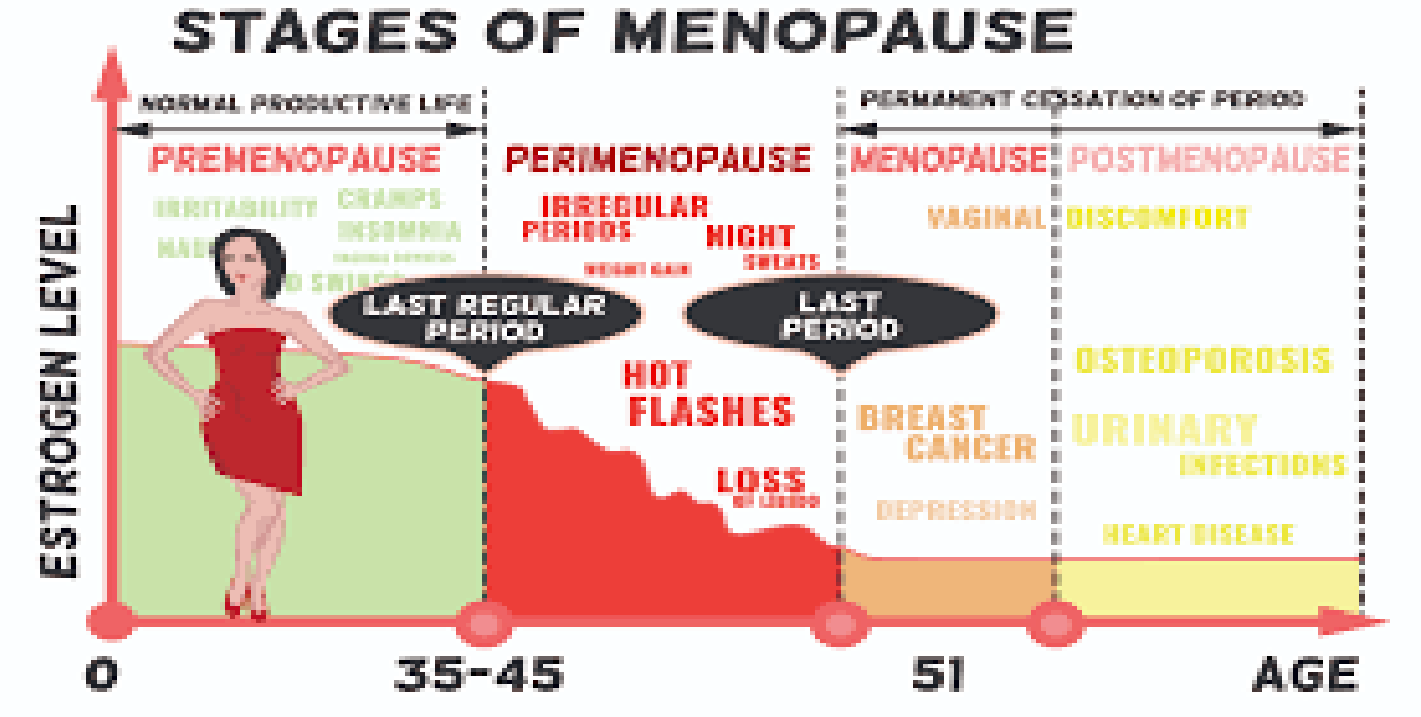
Premature Menopause



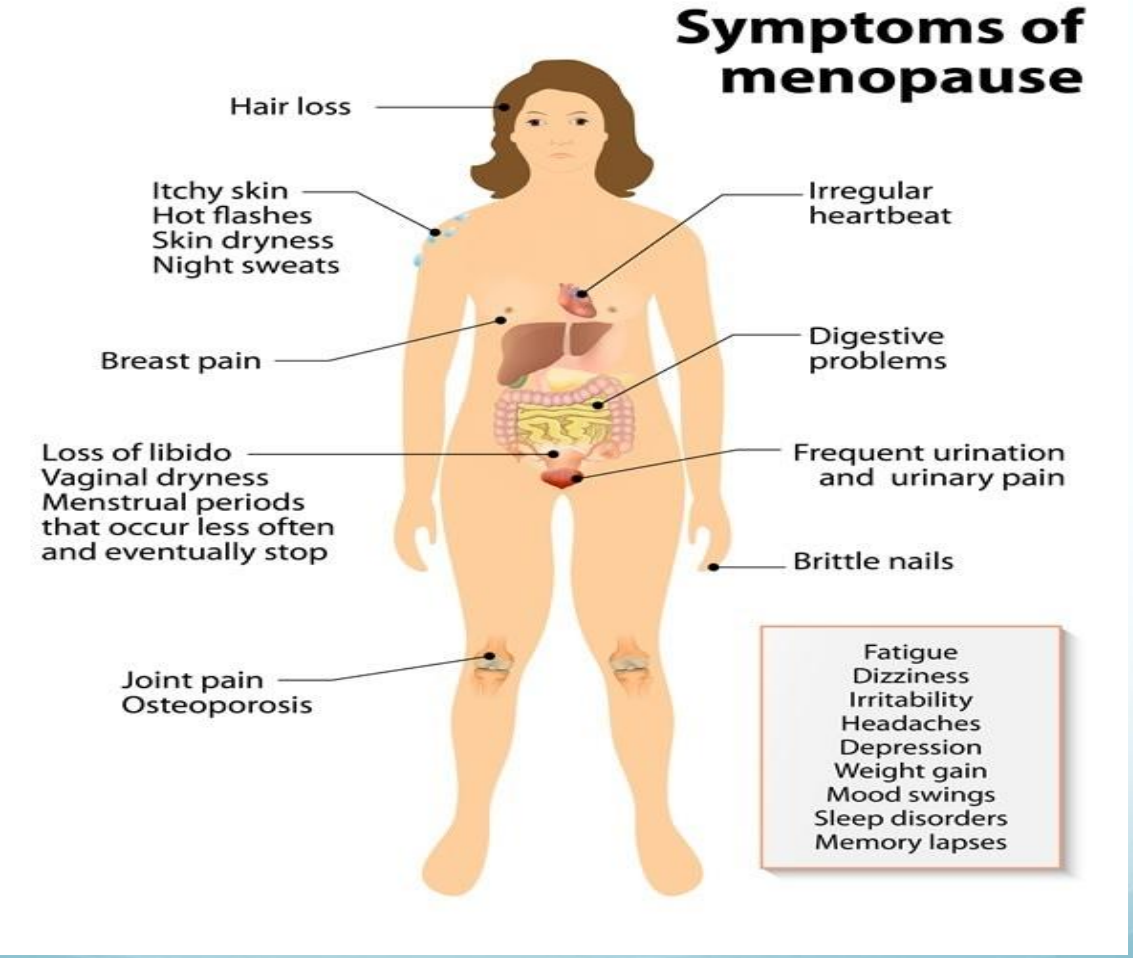
Menopause Symptoms

- At least 2-4 years before menopause we go through a phase that is called “Peri-Menopause”
- During this period there is irregular release of hormones oestrogen and progesterone.
- It has the following symptoms – irregular periods. Periods maybe heavy with clots, bleeding may occur for many days.

Stages of Menopause



Menopause symptoms



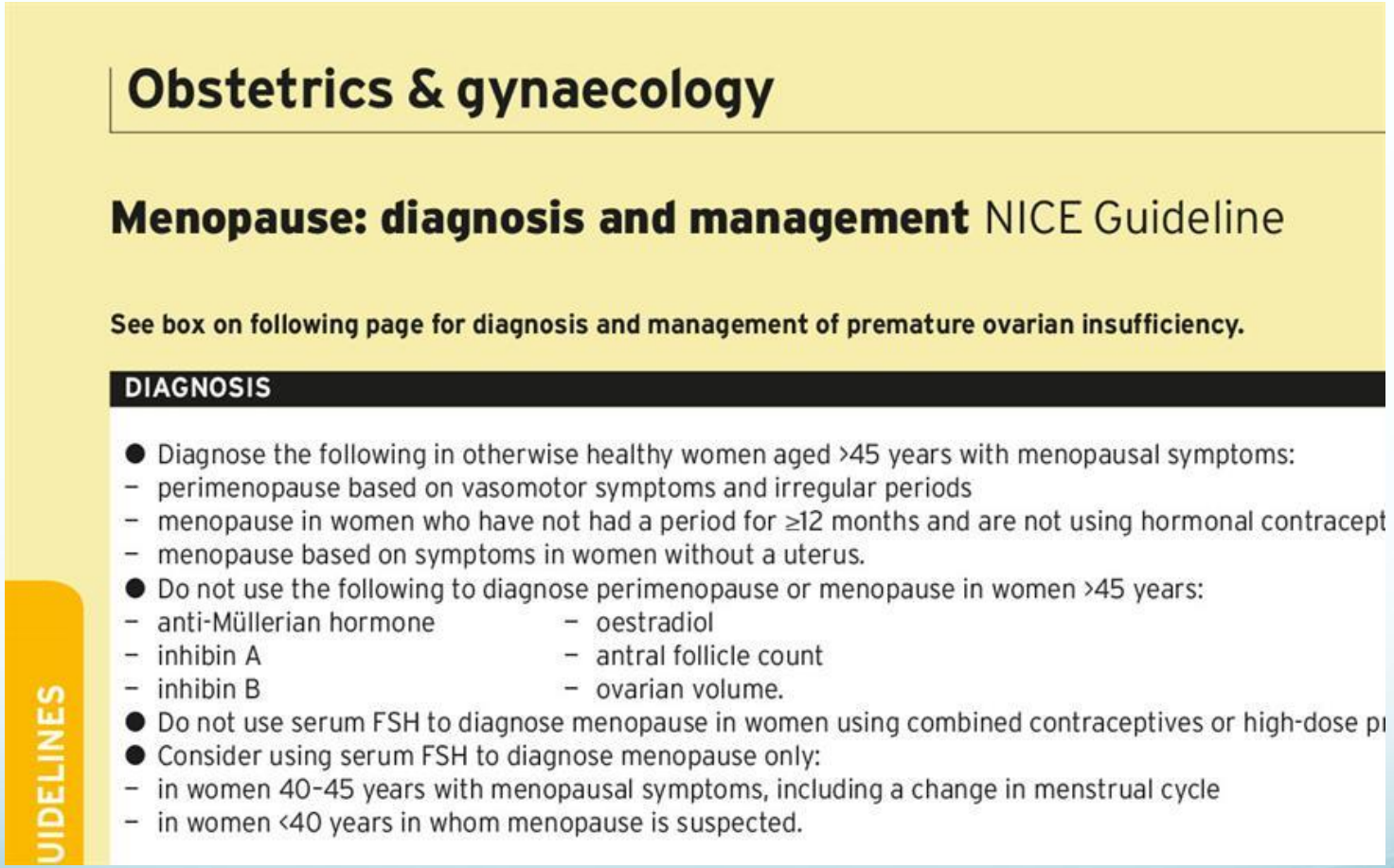
Menopause Symptoms

- Hot flushes – they are sudden feelings of warmth that spread over the upper body with sweating.
- Hot flushes can range from mild in women to severe in others.
- Other symptoms include: vaginal dryness, poor sleep, moodiness and increased need to urinate.

Menopause Diagnosis

- If you suspect you are going through menopause visit your health care provider.
- Keep track of your menstrual pattern and discuss your symptoms
- A diagnosis is made using blood to assess your hormonal levels.
- At the same time your provider will discuss the need for a mammogram and papsmear.

Menopause Diagnosis



Obstetrics & gynaecology

Menopause: diagnosis and management NICE Guideline

See box on following page for diagnosis and management of premature ovarian insufficiency.

DIAGNOSIS

- Diagnose the following in otherwise healthy women aged >45 years with menopausal symptoms:
  - perimenopause based on vasomotor symptoms and irregular periods
  - menopause in women who have not had a period for ≥12 months and are not using hormonal contracept
  - menopause based on symptoms in women without a uterus.
- Do not use the following to diagnose perimenopause or menopause in women >45 years:
  - anti-Müllerian hormone
  - inhibin A
  - inhibin B
  - oestradiol
  - antral follicle count
  - ovarian volume.
- Do not use serum FSH to diagnose menopause in women using combined contraceptives or high-dose pr
- Consider using serum FSH to diagnose menopause only:
  - in women 40–45 years with menopausal symptoms, including a change in menstrual cycle
  - in women <40 years in whom menopause is suspected.

UIDELINES

Menopause Treatment

- Management is geared towards medical and lifestyle treatment.
- Medical treatment includes hormonal replacement therapy which relieves symptoms of hotflushes, vaginal dryness and mood swings.
- Hormonal replacement therapy can be given via tablets, creams, patches and gels.

Menopause Treatment

- Non-Hormonal therapy consists of natural supplements consisting of soy, ginseng, black cohosh.
- Vitamin D and calcium to prevent osteoporosis.
- Lifestyle therapy consists of yoga, pilates, physical exercise with weight training.
- Avoid smoking, limit alcohol and wear light cotton clothing to assist with heat regulation.

Menopause Treatment



Menopause Treatment

Hormone Replacement Therapy (HRT)

A treatment used to **restore diminished hormone levels** in women in order to relieve symptoms of an imbalance

TYPES

- Implants
- Patches
- Pills and tablets
- Creams, sprays, and gels
- Vaginal rings, suppositories, or creams



HOW TO TAKE IT



- Cyclical combined or continuous combined
- Treatment is personalized

WHO SHOULD AVOID IT

Those with a history of:

- Breast, ovarian, and endometrial cancer
- Unexplained vaginal bleeding
- Blood clots



ALTERNATIVES



- Lifestyle changes
- Alternative medicine

MenopauseNow.com

Menopause Treatment

HERBAL REMEDIES AND VITAMINS
FOR MENOPAUSE RELIEF

HERBAL REMEDIES


BLACK COHOSH


KOREAN RED GINSENG


SOY/ISOFLAVONES


KAVA EXTRACT


ST. JOHN'S WORT


VITEX AGNUS CASTUS


RED CLOVER


SAGE


DONG QUAI ROOT


FLAXSEED

VITAMINS



VITAMIN C



B GROUP VITAMINS



VITAMIN D



VITAMIN E

ecosh

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Menopause Complications

- The loss of estrogen is associated with a range of complications.
- Oestrogen is the hormone that maintains good function of the heart, bones, skin and muscle.
- It is vital at this stage to become more active as a sedatory lifestyle promotes rapid aging and deterioration of the body.

Take Home Message

- Menopause is a natural process of aging.
- Confirm your diagnosis with your health care practioner.
- Decide on the different management options and choose the one that fits you.
- Remember you can manage this best by staying fit and positive!