

The woman changes during the life and Menopause

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What is the menopause?



What is the menopause?

Menopause is defined as the absence of menstrual periods for 12 months. It is the time in a woman's life when the function of the ovaries ceases

Menopause typically occurs between 45 and 55 years of age

Sometimes the menopause can start in more early age (30 - 35 years) sometimes in more late (60 – 65 years)

Menopause

- Natural Menopause : physiological condition caused follicles stopping function
- Early Menopause: Early than 40 years (autoimmune diseases, radio and chemotherapy, infections, often pregnancy, miscarriages and adonations, obesity,)
- Menopause after surgery (ovarectomy, hysterectomy etc)

Factors for menopause

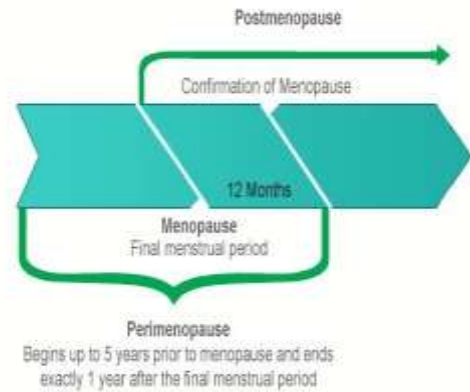
- Genetic
- Genital factors
- Psychological factor
- Physiology and surrounding factors (women who lives in more cold countries more likely come to menopause early)
- Smoking (active smokers coming to menopause 1.5 – 2 years early)

Factors for menopause

- Health factor
- Social factor (In Asia, Europe and North America women coming to menopause 1 – 1.5 years early)
- Living factor (City or village)

Periods of menopause?

- Perimenopause
- Postmenopause
- Menopause



Before menopause, a woman's periods typically become irregular, which means that periods may be longer or shorter in duration, or be lighter or heavier in terms of the amount of flow. During this time, women often experience the symptoms of menopause



Perimenopause Symptoms

- Hot flashes
- Headache
- Genital atrophy
- Insomnia
- Memory loss
- Dizziness
- Nervousness

Perimenopause Symptoms

- Backache
- Depression
- Breast problems
- Bloating
- Changes in sexual desire
- osteoporosis
- Generally starts at age 45 and ends around age 52



Symptoms of pre-menopause

Common Pre-Menopause Symptoms

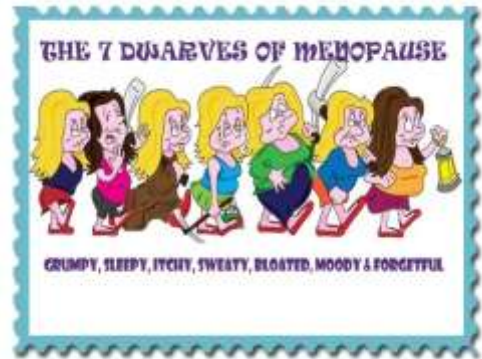
Physical Symptoms

- Hot flashes
- Night sweats
- Vaginal dryness and itching
- Poor memory
- Weight gain
- Thinning hair
- Irregular periods



Emotional Symptoms

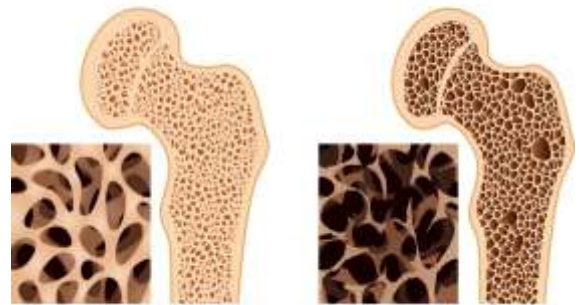
- Mood swings & irritability
- Stress
- Anxiety
- Fatigue



Osteoporosis

- The minerals go out from the bones and bones become more thin what can cause more possible breaking of it
- Women after 35 years old losing 0.1 % of minerals from the bones every year
- In the post menopause period woman losing 23 % of minerals every year

Osteoporosis



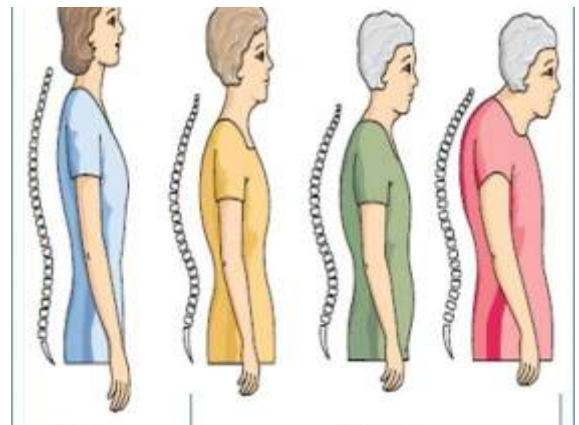
Healthy bone

Osteoporosis



Normal

Osteoporosis



Prophylactic of osteoporosis



The infection of urine system in menopause

- Because the all reproductive organs going under atrophy, it s cause disturbance in urine system
- Women in menopause time should drink more water, it can prevent the urine infection

Menopause Interventions

- Support and counseling
- Allow expression of feelings
- How to take meds
- Encourage exercise and smoking cessation
- Caffeine intake, broccoli, spinach, bran
- Assess for alcohol and drug use
- Report unplanned bleeding
- Encourage annual physical and paps
- Do monthly SBE
- Use sunscreen and protective clothing

Menopause

Specific treatment is not usually needed. Some symptoms, however, may be improved with treatment. With respect to hot flashes, avoiding smoking. Sleeping in a cool room and using a fan may also help. The following medications may help: menopausal hormone therapy (MHT), clonidine, gabapentin, or selective serotonin reuptake inhibitors. Exercise may help with sleeping problems

Hormone replacement therapy



Hormone replacement therapy

- Estrogen therapy
- 25 days woman taking estrogen, 10 days progestin, 5 days break
- During this therapy we caring of prophylactic of osteoporoses and heart diseases
- Also it s reduce the symptoms of the hot flashes
- Slowing atrophic changes in the reproductive system organs

Contraindication for hormone therapy

- Uterus or breast cancer suspicious or in the past
- Vaginal bleeding
- Acute thrombophlebit and thrombosis
- Arterial hypertension
- Heavy smokers
- Obesity

Because the muscles of woman pelvic floor during menopause period became more flexible, Kegel exercise should be use



Ways for the hormonal therapy

- Injectional
- Transdermal
- Oral

Every way consist very small amount of estrogen (0,625 mg)

Menopause

All women in menopause age should do every year screening (pap smear, self breast and vulva examination, mammography)



Andropause

Andropause also colloquially known as **male menopause**— is said to be the result of a gradual drop in testosterone, which is an androgen.

The condition "andropause" is currently not recognized by the World Health Organization. When andropause occurs, it is considered to be a deficiency state in which the hormone testosterone goes below the normal range for an aging male

Symptoms of dropping testosterone level

- Changing in sexual live (potential dysfunctional)
- Dropping level of energy and activity
- Psychology changing
- Vasomotor dysfunction

Or it can goes without symptoms

Changing in men sexual life during the andropause

- Dropping the libido
- Erectile dysfunction
- Occasionally erection (during the sleeping time)
- Decreases the size of testis
- Decreases the amount of seminal fluid

The man at this time need support and motivation



Screening for the men during the andropause

- Self breast examination, examination of prostate, outside examination
- Laboratory methods : PSA (prostate specific antigen), total testosterone level, hormone levels (FSH, LH etc)

Menopause it s not the way to stop the family life



Treatment for andropause

- Life style, daily activity
- Hormone therapy (testosterone)
- Injections of testosterone
- Oral testosterone
- Transdermal testosterone

Thank you for your attention

