

Menopause



अक्सर पूछे जाने वाले प्रश्न



मुझे कैसे पता चलेगा कि मैं perimenopausal हूँ?



पीरियड बंद होने से पहले क्या लक्षण होते हैं?



मेनोपॉज के दौरान औरत किस दौर से गुजरती है?



मेनोपॉज के दौरान शारीरिक संबंध बनाये जा सकते हैं क्या?



पेरिमेनोपॉज किस उम्र में शुरू हो सकता है?



क्या मेनोपॉज से कूल्हे और पैर में दर्द हो सकता है?



मेनोपॉज से पहले क्या होता है?



मेनोपॉज में क्या क्या दिक्कत आती है?



मेनोपॉज की सही उम्र क्या है?



मेनोपॉज का महिलाओं पर क्या प्रभाव पड़ता है?



क्या मेनोपॉज के बाद पीरियड्स फिर से शुरू हो सकते हैं?



क्या मेनोपॉज में हेवी ब्लीडिंग होती है?



मेनोपॉज डिस्चार्ज कैसा दिखता है?

Diagnosis

1. Cessation of Menstrual Cycle for Consecutive 12 months
2. Average age of menopause- 50 years

management

- Examination can be broadly divided into three main categories: general physical including BMI and waist circumference
- breast examination,
- pelvic examination
- laboratory tests complete blood picture, urine test routine, fasting glucose level/Hb1Ac, lipid profile, serum TSH, stool for occult blood, PAP smear, TVS, mammogram

Management : all women

~ Non-Hormonal Treatment

- Lifestyle modification
- Nutritious diet
- Supplementary Calcium
- Exercise
- Vitamin D
- Cessation of Smoking

With symptoms

- Hormonal
- Non hormonal

Non hormonal

- ~ Phytoestrogen to reduce hot flashes
- ~ Soy Protein to reduce hot flashes
- ~ vitamin E to reduce hot flashes

~ Selective estrogen receptor modulators (SERM)- **Raloxifen** (increase **bone-mineral density**).

~ **Clonidine** to reduce **hot flashes**

~ **Paroxetine** (selective serotonin reuptake inhibitors) to **reduce hot flashes**.

~**Gabapentin** is an analog of GABA, to reduce **hot flashes**.

Hormonal Therapy

~ Indications:

- Relief of Menopausal Symptoms.
- Relief of Vasomotor symptoms.
- Prevention of Osteoporosis.
- To maintain the quality of life in menopausal years.

Contraindications:

- ~ Known H/O Breast Cancer
- ~ Undiagnosed Genital tract bleeding
- ~ Estrogen depending Neoplasm
- ~ DVT
- ~ Acute Liver Disease
- ~ Jaundice
- ~ Gallbladder disease
- ~ Prior Endometriosis

Risk of Hormonal Therapy

- ~ Endometrial Cancer
- ~ Breast Cancer
- ~ Venous Thromboembolic Disease
- ~ CHD
- ~ Lipid metabolism
- ~ Dementia has no benefit

counselling

WHY????

Leading health concerns

- Cancers-
- Heart Disease-
- Stroke-
- Osteoporosis- Common to almost all older women
- Menopause-A quality of life issue for 1/3 of women

Menopause

- Not everybody suffers with symptoms
- 70% - Vasomotor symptoms (Hot flushes, sweats)
- Varies – familial , Ethnicity
- Duration – 6 months – 20 years (Average 7.4 years)
- Crucial time (45 -55 years)
- After 60, requirement for estrogen reduced

Lower Your Risk...

- Lifestyle Changes – Be Active!



- Pick something you love to do and get moving!
- Aim for 30 minutes most days of the week.

Avoid alcohol , smoking & caffeine



Know Your Numbers

Obesity/Overweight

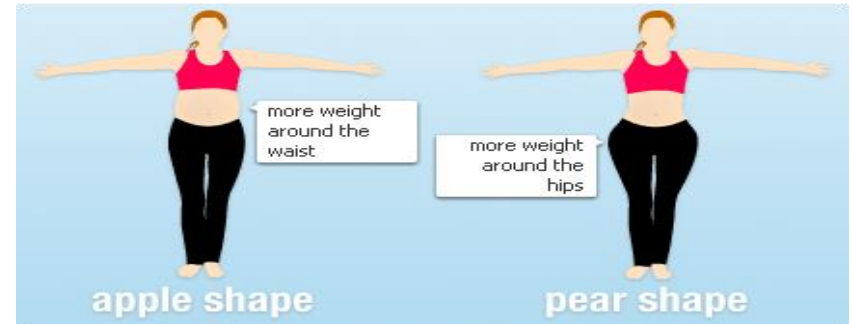
- 64% of adults are overweight in the U.S.
- Obesity is the second leading cause of unnecessary deaths.
- Women with excess body fat are at a higher risk of heart disease – even if they don't have other risk factors.

Screening:

- Body Mass Index
- Waist Circumference

American Obesity Association

<http://obesity1.tempdomainname.com>



***A balance of weight training,
lower intensity cardio, sleep and
adequate food intake including
carbohydrates, fiber and fluids.***

*-Scott Josephson, M.S. Exercise Physiologist &
Dietitian*

Know Your Numbers

Blood Pressure

- Less than 120/80 mmHg “Normal”
- 120 to 139 / 80 to 89 “Pre-hypertension”
- 140 over 90 “High”

Special Considerations for Women:

- Taking the birth control pill
- Pregnancy
- Overweight
- Following menopause
- African American



Know Your Numbers

Diabetes is a disease in which the body does not produce or properly use insulin.

- Type 1
- Type 2
- Gestational Diabetes
- **Common Symptoms** : Thirst, frequent urination, tired, blurred vision, frequent infections, slow wound healing.



Screening: Fasting Glucose Less than 120 mg/dL

Know Your Numbers

Cholesterol

Your total blood cholesterol level

- Desirable — Less than 200 mg/dL
- Borderline high risk — 200–239 mg/dL
- High risk — 240 mg/dL and over

LDL “bad cholesterol”

- | | |
|---------------------|-----------------|
| Less than 100 mg/dL | Optimal |
| 100-129 mg/dL | Near Optimal |
| 130-159 mg/dL | Borderline High |
| 160-189 mg/dL | High |
| 190 & above | Very High |

HDL “good cholesterol”

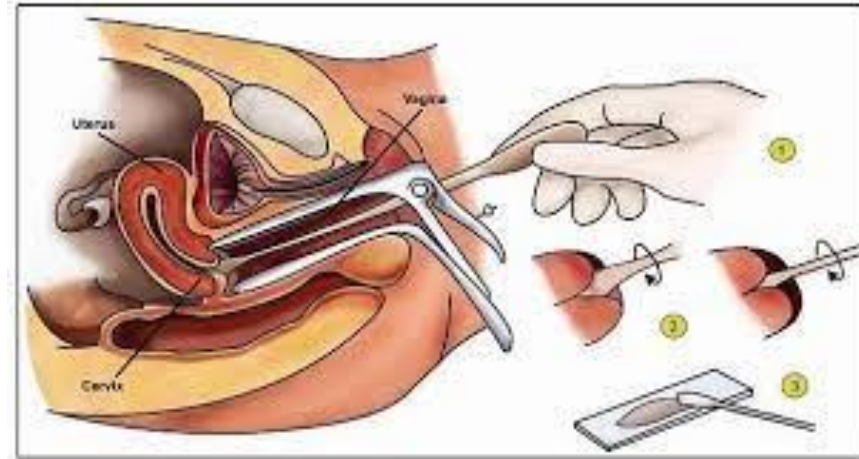
- 50 mg/dL or higher



Recommendations for Bone Health

- Exercise: Walking or other axial loading exercises, weight lifting
- Calcium Supplementation: 1,200-1,500 mg/day
- Avoid smoking, caffeine, alcohol, soda pop, etc

Cancer screening



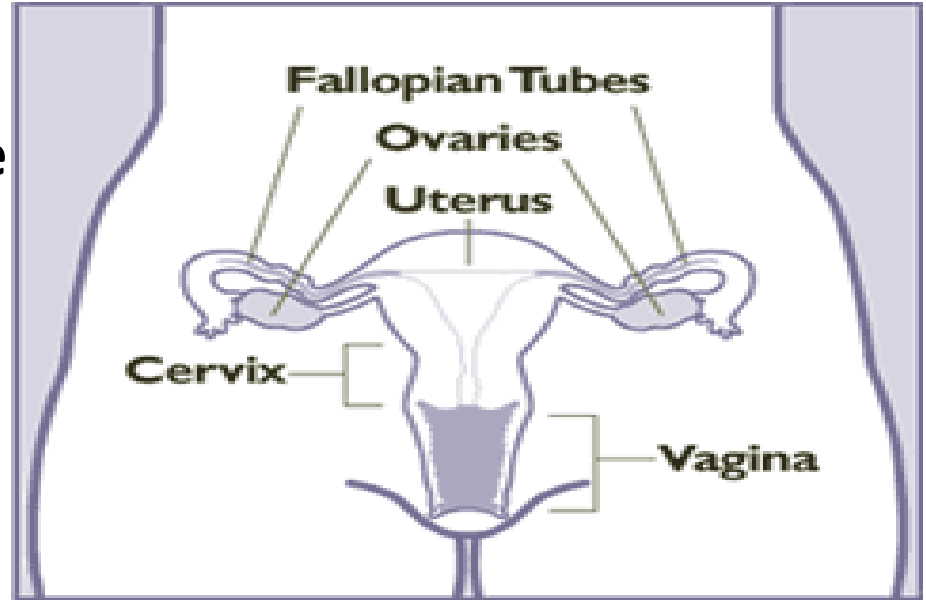
Breast Health Care ~

- Perform breast self-exams each month.
- Have mammograms and clinical breast exams as recommended by health care provider.



What is the Cervix?

- The cervix is one of the female organs
- Other female organs include the:
 - Vulva
 - Vagina
 - Uterus
 - Fallopian tubes
 - Ovaries



Finding early cell changes

Normal cervical cells



Precancer cells



What a Pap test is NOT:

- A pelvic exam
- A test for ovarian or uterine cancer
- A biopsy, or procedure where a needle is used to remove cells to study
- A test for sexually transmitted diseases (STDs)



JANUARY IS CERVICAL CANCER SCREENING MONTH




You Can Prevent Cervical Cancer

- 1. VACCINATE EARLY**
- 2. PAP TEST REGULARLY**
- 3. HPV TEST WHEN RECOMMENDED BY A HEALTH CARE PROVIDER**

For more information on the Gynecologic Cancer Foundation's National Cervical Cancer Public Education Campaign, visit www.cervicalcancercampaign.org or call 312.578.1439.



Patient education programs of the National Cervical Cancer Public Education Campaign are supported in part through unrestricted educational grants from Gylco LP Corporation, GlaxoSmithKline and Merck & Co., Inc.



Osteoporosis: The “silent thief”

- Osteoporosis is silent:
- Often patient knows nothing about their bone loss until a fracture occurs
- 1/3 of women over 70 have osteoporosis
- 84% of women over 70 have low bone mass (osteopenia)
- Osteoporosis is PREVENTABLE

Recommendations for Bone Health

- Exercise: Walking or other axial loading exercises, weight lifting
- Calcium Supplementation: 1,200-1,500 mg/day
- Avoid smoking, caffeine, alcohol, soda pop, etc

Heart Disease

“The Silent Killer”



#1 killer in both women and men



2/3 of women who suffer a heart attack do not make a full recovery.



500,000 women die yearly

Study from American Heart Association identifies how many women considered heart disease as the #1 killer.

1997 = 33%

2006 = more than 50%

Heart Disease

Risk Factors

- ✓ Genetic makeup
- ✓ Family History
- ✓ Gender
- ✓ Race
- ✓ Aging Process



- ✓ Smoking
- ✓ Lack of Physical Activity
- ✓ Depression
- ✓ Stress
- ✓ Diet (cholesterol)
- ✓ High Blood Pressure
- ✓ Diabetes
- ✓ Obesity

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the **other common symptoms** particularly:

- ✓ Shortness of breath
- ✓ Nausea/vomiting
- ✓ Back or jaw pain
- ✓ Indigestion or Abdominal pain
- ✓ Vague complaints



- Social interactions, either in an exercise program or otherwise, help the postmenopausal women to improve mood, relieve depression, and relieve anxieties
- Immunization prescription
- Hepatitis B vaccination is indicated for all unvaccinated adults at risk for HBV infection .
- Two doses of varicella vaccine are strongly recommended in adults at increased risk for exposure of varicella (Grade B).

- Physical exercise helps maintain a healthy weight, improves bone density, coordination and balance, muscle strength and joint mobility, lipid profiles, genitourinary problems, relieves depression, and induces sleep
- Social interactions, either in an exercise program or otherwise, help the postmenopausal women to improve mood, relieve depression, and relieve anxieties.
- Immunization prescription
- Hepatitis B vaccination is indicated for all unvaccinated adults at risk for HBV infection and all adults seeking protection from HBV infection including postexposure prophylaxis. Prevacination screening in general population has not been found to be cost-effective in India (Grade B)
- Two doses of varicella vaccine are strongly recommended in adults at increased risk for exposure of varicella (Grade B).

Are You Ready To Make A Change?



Thank you!

- **Counselling** - Advice the patient to
- 1. Develop positive approach towards menopause
- 2. Take calcium rich diet
- 3. Practice yoga and meditation for stress management
- 4. Check cholesterol levels periodically
- 5. Limit tea / coffee consumption
- 6. Avoid sedentary life style
- 7. Avoid smoking and consumption of alcohol
- In addition, adequate counselling regarding cleanliness of genital organs, sexual behavior and for regular medical check up should be given.