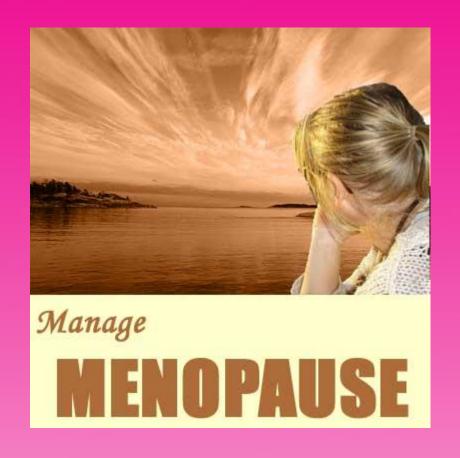
MENOPAUSE INTRODUCTION



Introduction

- Derived from the Greek words for "month" (men) and "pause" (pausis).
- Your monthly periods stop
- A natural event in a woman's life.





Overview

What is menopause?

- 'Menopause' refers to the stage in a woman's life when her periods cease
- Menopause occurs when the ovaries stop producing the hormones oestrogen and progesterone
- Usually occurs between ages of 45 and 55 years

Symptoms such as hot flushes, mood swings, tiredness, loss of libido and irregular bleeding are common



The stages of menopause

There are three stages of menopause that take place over about a decade

- Peri-menopause
- Menopause
- Post-menopause



ETIOLOGY

- Natural
- Surgical
- Post chemotherapy/radiotherapy
- Premature
- Delayed

SYMPTOMS

- Vasomotopr: hot flashes, night sweats
- Vaginal dryness: painful intercourse, pruritis
- Insomnia
- Weight gain
- Irregular periods
- Mood changes: irritability, depression

HEALTH ISSUES

- Osteoporosis
- Cardiovascular risks
- Breast disease
- Cancers

