

MENOPAUSE INTRODUCTION



Introduction

MENOPAUSE

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



Manage

MENOPAUSE



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 flashes, 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

