

B. Late Symptoms

Osteoporosis – Thinning of bone

Signs and symptoms of osteoporosis

- Bone pain is experienced in hips, arms or wrists
- Low back pain
- Loss of height and a stooped posture
- Neck pain
- Fractures of the hips, spine, back or wrists, sometimes without falling

What are the risk factors ?

- A family history of osteoporosis
- Ectomorphs
- Low dietary calcium intake
- Lack of physical activity
- Excessive smoking and alcohol consumption
- Early menopause
- Oophorectomy

Heart Disease

Risk factors for heart disease

- Obesity
- High blood pressure
- Diabetes
- Smoking
- High levels of “bad” cholesterol (LDL)
- Sedentary life style

Tips to cope up with menopause

Menopause stage requires care and attention by the women and by their family members. Besides it, they need to take the help of gynecologists, to keep themselves in good mental and physical health.

- ✓ HRT : Hormon Replacement Therapy
- ✓ Good Nutrition
- ✓ Exercise
- ✓ Care of mental health
- ✓ Keeping in touch with friends and well wishers
- ✓ Engaging in enjoyable activities
- ✓ Being active both physically and mentally
- ✓ Developing positive attitudes toward the changes in life during menopause

*“Menopause Is Not
The End of Life,
But It Is The Beginning of
New Life”.*

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Middle age is one of the most important period in women's life span. Many psychological and physiological changes take place among them due to forthcoming menopause. But unfortunately large percentage of women do not know the facts of menopause. Let us know more about menopause

What is menopause ?

The word menopause is derived from latin word meno means month and pausia means to halt i.e. cessation of menstruation. Menopause is the last stage of a gradual biological process in which the ovaries reduce their production of female sex hormones-estrogen and progesterone. The process begins about 3 to 5 yrs before the final menstrual period. Menopause is considered complete when a woman has been without menstrual periods for a year. On an average these changes occur at about the age of 50 yrs. But, like the beginning of menstruation in adolescence menopause age too differs from woman to woman.

Changes During Menopause

Although menopause has been defined as

a point time, in truth this is a process which unfolds over many years. These years brings a variety of changes associated with decreasing of estrogen levels. These changes most often start in women at 40 yrs of age and sometimes even at 30 yrs. Such changes are classified as follows

- A. Early symptoms
- B. Late symptoms

A. Early symptoms

1. Irregular bleeding

Abnormal bleeding, heavy prolonged bleeding or both combined with irregular anovulatory cycles.

2. Hot Flashes

Hot flushes produce a sudden sensation of warmth or even intense heat that spreads over various parts of the body, especially over the chest, face and head.

3. Genital Tract Symptoms.

- Vulva shows a progressive atrophy over years. The vulva's skin becomes pale, thin and almost translucent.
- Uterus diminishes in size.
- A thinning of the tissue lining the vagina may lead to pain during intercourse.
- Some women have problem with bladder control after menopause begins.

4. Sexuality

Reduced hormone levels cause subtle changes in the genital tissue and it results in decline in sexual activity.

5. Breast changes

In the women having small breasts, the breast become flat. In obese women they become large and pendulous.

6. Skin changes

The skin gets traumatized early due to thinning and common complaints like itching and drying

7. Weight Gain

Weight gain is concentrated mainly around the abdomen and hips, making women heavier than they actually were.

8. Knobbiness

The joints especially those of the fingers, often become painful with the decline in ovarian functioning. This causes them to become thickened or knobby.

9. Psychological stress due to...

- Depression
- Insufficient sleep
- Frustration
- Irritation
- Mood changes