

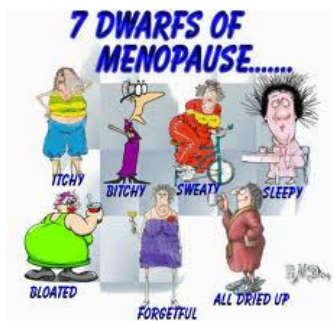
Menopause

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What does Menopause mean?

Menopause is not an illness or disease. It is just a stoppage of menstrual flow. Actually every woman should face it happily and feel happy about the freedom from the painful menses. It is just a transition period between two phases of a woman's life. It occurs at the middle age of the woman.

Around the age of 45+ it give signals like irregular periods and soon come to an end of the menses. The age of menopause is totally different for each individual. Environment, food habits, smoking habit, alcohol intake, medication for other health effects are also influence the menopause.



The word "menopause" literally means the "end of monthly cycles" We can define it as “stopping

of menstrual bleeding.”

Menopause can be identified by many symptoms as a result of the hormonal changes associated with the transition through menopause. Many woman may experience the decreased bone density, worst blood cholesterol levels and heart diseases.

As per the biologists, Menopause is one of the major milestones in a woman's life.

Age

45 to 55 years is the common age.

Premature menopause:

- A woman's ovaries stop working at a very early age.
- It is very rare and 1/10,000 may experience the same.

Terminology

Perimenopause:

3 to 5 year before the actual menopause is named as premenopause. The gradual hormonal changes and irregular periods are the

commonest symptoms.

Surgical menopause:

It is induced by the removal of the ovaries. The ovaries may be removed by accident, ovarian infections, ectopic pregnancy tube bursts and etc

Causes of Menopause

A complex series of hormonal changes results with the menopause. About 1-3 million eggs are present in the female at the time of birth. She gradually lost throughout her life. During menarche, first menstrual period, a girl has around 400,000 eggs. It then gets reduced and she may have 100,000 eggs during menopause period.

Once the level of estrogen start decreasing all problems starts and it is believed that the reason is menopause. The hormone involved in sexual drive is the testosterone also starts reduced.

Menopause Symptoms

- Hot flashes: It is a feeling of warmth that spreads over the body, lasting from around 30 seconds to a few minutes.
- Vaginal dryness
- Emotional change
- Dry skin
- Aches and pains
- Breast changes: May cause changes in the shape of the breasts.
- Thinning of the skin
- Bladder problems
- Bone loss
- Heart disease risk increases after menopause
- Weight gain

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Reference Links:

- http://www.emedicinehealth.com/menopause/article_em.htm
- <http://en.wikipedia.org/wiki/Menopause>
- <http://www.fountia.com/menopause>
- <http://www.breastcancer.org/tips/menopausal/understand/meaning.jsp>
- <http://www.youtube.com/watch?v=NNSUsKZCCHQ&feature=related>

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