

Examination, Treatment and Prevention of Menopause

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Menses Tests



Exams and Tests

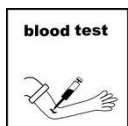
[Menopause](#) is a transition period and the symptoms are temporary. But if a woman can't have courage to face the period with a calm mind it may affect their rest of the life.

The breast cancers, cardiovascular disease, Osteoporosis, ovarian cancer are few hidden diseases affected by the menopause.



Osteoporosis is the thinning of the bones and cardiovascular disease is mainly the heart and blood pressure.

To understand the menopause and get familiar with the working some tests would help a lot and they plays an important part in the life of a woman.



Blood test or Follicle-Stimulating Hormone (FSH) test

- Follicle stimulation hormone FSH level can be identified.
- Above ovulation range confirms the menopause is complete



Bone testing

To check the standard for measuring bone loss, or [osteoporosis](#),

Pelvic exam

To check for [ovarian](#) and uterine tumors, cysts and cancer

PAP smears

To check for cervical, uterine or endometrial cancer.

Blood pressure and cholesterol levels

To check for risk of cardiovascular disease.

Mammogram

For breast cancer

Breast Self-Exam

To detect the breast cancer

Menopause Treatment

No need to worry about the menopause and it 100% not a disease.

It has a proper treatment and can be cured easily. Many medications are available in the market and with the proper Doctor's consultation easily prevent and control high cholesterol and bone loss.

Woman needs to understand that menopause is a natural biological process.

Prevention

Menopause cannot be prevented but can reduce the risk factors for other problems associated with menopause by some simple steps.

Consumption of 1200 to 1500 mg of [elemental calcium](#) /day is the main step to be taken by every woman.

- Woman can access the calcium from diet by having
- ?One cup of skimmed milk - 300 mg
- ?One cup of calcium-fortified orange juice - 300 mg
- One cup of fat free yogurt - about 400 mg on average
- One ounce of cheddar cheese - about 200 mg
- Three ounces of salmon (including the bones) - 205 mg

Beware

Calcium supplements tablets also highly helpful. But before taking the tablets Women should check the exact milligram level of it and start consuming it. Excessive doses of calcium leads to the disease kidney stones.

Want to know more about “Menopause Treatment & prevention?” [Click here](#) to schedule live homework help from a certified tutor!

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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>
- <http://www.power-surge.com/educate/menopausetests.htm>
- <http://www.womentowomen.com/menopause/fshtests.aspx>

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