

Menopause a to z, the definitive guide



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Menopause a to z, the definitive guide is a simple guide designed to offer comprehensive insight about menopause. Menopause can best be defined as the transition stage in a woman when certain hormonal changes in her system leads to stoppage of her menstrual period. Worsening of blood cholesterol levels and loss of bone density are common symptoms of menopause during its inception stages. Menopause in women can be classified according to the specific symptoms that become evident when a woman reaches this stage. These classifications are as follows; 1. Types of menopause

- gt; premature menopause This term is used to refer to menopause that occurs to a woman younger than 40 years of age. Most women experience menopause at the age bracket of 48-55 years. Early occurrence of menopause in women might be caused by smoking or lack of pregnancy. This type of menopause is rare and according to statistics only 1% of women experience it. It is recommended that one should seek medical attention immediately in the case of premature menopause
- > Peri menopause This is a transition period from the inception of menopause to the last menstrual period.

It usually lasts for 3-5 years. Symptoms of Peri menopause include loss of bone density and menopausal symptoms. During this period, the woman experience menstruation simultaneously.

- > surgical Menopause This is menopause induced by removal of the ovaries from the reproductive track of a woman. The onset of it's menopausal symptoms are sudden and sever.

2. Causes of menopause It is precisely caused by the decline of functional eggs within the ovaries due to the series of hormonal changes in a woman's body during this stage.

This is as a result of the FSH or follicle - stimulating hormone responsible for the growth of eggs within the ovaries becoming less effective. This leads to reduction of estrogen and testosterone produced in the ovaries. The dramatic reduction in the production of these hormones leads to menopausal symptoms.

3. Living, managing and coping It is recommended that one should practice healthy eating to avoid other negative symptoms such as weight gain that go hand in hand with menopause. Relaxation is also a remedy for menopause, as stress may worsen it.

Night sweats usually accommodate menopause. Ensure good ventilation due to hot flashes that accompany menopause. Other symptoms associated with menopause may include mood swings, depression, sleep disturbance, fatigue, frequency of seizure for women with epilepsy. Body exercises are also recommended for women suffering from menopause.

4. Treatment and care In conclusion, menopause has no definite treatment or cure. Thou there are some practices that aid in controlling of the menopausal symptoms such as heat flashes that come highly recommended by health practitioners.

Menopause therapy is selective and different for various groups of women. Some take prescriptions to prevent and control loss of bone density, while others don't. Others use supplements, botanic and herbs to relieve there symptoms. Intensive exercise is also a recommendation for others, to reduce the symptoms. Hormone therapy is regarded as a safe method of treating the symptoms and prevention of osteoporosis. Last but not least, eating healthy is a recommendation to all. Women are also recommended to visit health care centers on a regular basis, in order for monitoring of hormonal changes.