

Post menopausal syndrome

[Science](#), [Biology](#)



Menopause, which refers to the cessation of the menstrual cycle, usually occurs above the age of 45. During this period the menstrual cycle occurs irregularly over a period of 6 to 12 months before it eventually stops. The menopause period and post menopausal period includes certain physical and psychological changes. Menopause is associated with a reduction of estrogen levels in the women's body and several of the changes are related to the lowering of this vital hormone. One of the most striking changes that occur during this period is the psychological changes which include moodiness, anxiety, irritability and fear. Other symptoms include lack of sleep, depression, and a decreased interest in sex. The bodily changes include changes in the vagina which becomes smaller and opening becomes narrower. Changes are also seen in the labia folds which lose fat and become pale and dry. Due to an increase in vaginal pH chances of infection rises and itching of the vaginal area is also reported. In addition to changes in the vagina the uterus and the cervical opening also becomes smaller and the endometrial lining reduced. The pelvic ligaments that support the uterus become weak and this could increase the risk of uterine prolapse. Another major concern for women during and after menopause is decalcification of the bones due to lower estrone and androstenedione hormones which lead to osteoporosis. This condition increases the risk of fractures of the vertebra, hip and knee as the bones are more porous. In addition, women can also suffer from lower back pain, and joint pains resulting in lower mobility. This could however be reduced by maintaining a good physique and consuming a healthy diet during the child-bearing years. The skin changes observed during this period are sudden red flushes on the neck, face and chest which

is accompanied by a higher body temperature and sweating. This symptom can last for a period of 1 to 5 years. Lack of estrogen and an increased circulating male hormone leads to male pattern hirsutism in these women. Women are at a higher risk of cardiovascular diseases due to a reduction of the estrogen hormone as it is associated with a rise in low-density lipoprotein and a rise in high-density lipoproteins. However, most of these symptoms can be relieved through estrogen replacement therapy and the risk of osteoporosis and cardiovascular diseases can be greatly reduced.

Reference

1. Menopause- Life During and After. n. d. WebHealthCenter. Retrieved June 10, 2012, from http://www.webhealthcentre.com/healthcorners/women_health_menopause.aspx