



CLIMACTERIC FEMALE

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INTRODUCTION :

When a woman permanently stops having menstrual periods, she has reached the stage of life called menopause. Many healthcare providers actually use the term menopause to refer to the period of time when a woman's hormone levels start to change. Menopause is said to be complete when menstrual periods have ceased for one continuous year. The transition phase before menopause is often referred to as peri menopause. During this transition time before menopause, the supply of mature eggs in a woman's ovaries diminishes and ovulation becomes irregular. At the same time, the production of estrogen and progesterone decreases. It is the big drop in estrogen levels that causes most of the symptoms of menopause.

AGE OF MENOPAUSE :

Age at which menopause occurs is genetically pre-determined. The age of menopause is not related to the age of menarche or age of last pregnancy. Although the average age of menopause is 51, menopause can actually happen any time from the 30s to the mid-50s or later. Women who smoke and are underweight tend to have an earlier menopause, while women who are overweight often have a later menopause. Generally, a woman tends to have menopause at about the same age as her mother did.

Menopause can also happen for reasons other than natural reasons. These include:

- Premature menopause. Premature menopause may happen when there is ovarian failure before the age of 40. It may be associated with smoking, radiation exposure, chemotherapeutic drugs, or surgery that impairs the ovarian blood supply. Premature ovarian failure is also called primary ovarian insufficiency.
- Surgical menopause. Surgical menopause may follow the removal of one or both ovaries, or radiation of the pelvis, including the ovaries, in premenopausal women. This results in an abrupt menopause. These women often have more severe menopausal symptoms than if they were to have menopause naturally. A recent study found that psychosocial stressors, such as physical or sexual abuse or financial instability, experienced early in life led to worse menopause symptoms in individual later.

HOW DOES NATURAL MENOPAUSE OCCUR?

Natural menopause is the permanent ending of menstruation that is not brought on by any type of medical treatment for people undergoing natural menopause , the process is gradual and is described in three stages.

- a) Perimenopause or “menopause transition”
- b) Menopause
- c) Post menopause.

a) Perimenopause or “menopause transition”

It can begin 8-10 years before menopause .when the ovaries gradually produce less oestrogen. It usually starts when you are in your 40's. in the last one to 2 years of perimenopause , the drop in oestrogen accelerates. In this stage many people may experience menopause symptoms.but you are still having menstrual cycle and you can get pregnant.

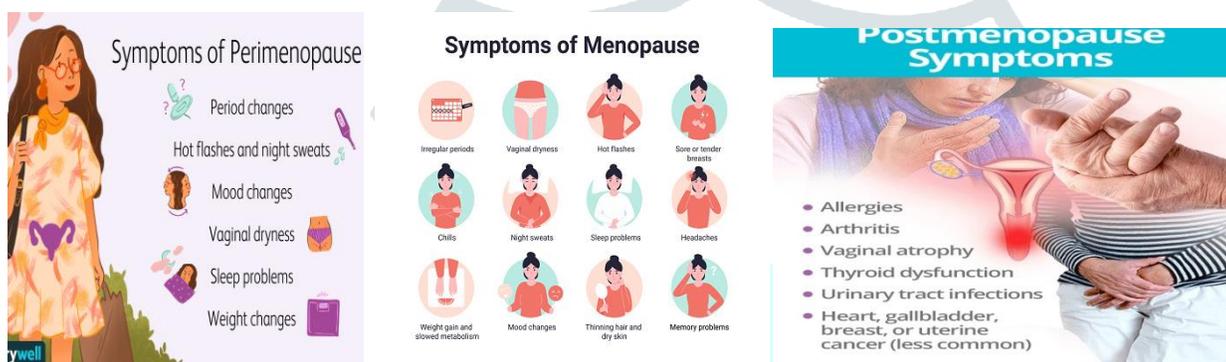
b) Menopause :

when you have gone without a menstrual period for 12 consecutive months.

c) Post menopause :

The rest of your life after going through menopause . during this stage , menopausal symptoms such as hot flashes , may ease for many people.

WHAT ARE THE SYMPTOMS OF MENOPAUSE ?



MANAGEMENT :

Hormone Replacement Therapy (HRT)

A treatment used to **restore diminished hormone levels** in women in order to relieve symptoms of an imbalance

TYPES	HOW TO TAKE IT
<ul style="list-style-type: none"> Implants Patches Pills and tablets Creams, sprays, and gels Vaginal rings, suppositories, or creams 	<ul style="list-style-type: none"> Cyclical combined or continuous combined Treatment is personalized
WHO SHOULD AVOID IT	ALTERNATIVES
<p>Those with a history of:</p> <ul style="list-style-type: none"> Breast, ovarian, and endometrial cancer Unexplained vaginal bleeding Blood clots 	<ul style="list-style-type: none"> Lifestyle changes Alternative medicine

What is hormone replacement therapy?

It is a effective treatment for menopausal symptoms for many years. HRT also significantly decreases the incidence of various symptoms of menopause and the risk of osteoporotic fractures, and improves quality of life. In younger healthy women (aged 50-60 years), the risk-benefit balance is positive for using HRT, with risks considered rare. Hormone replacement therapy involves taking a medication when the hormone levels drop. It contains:

- Estrogen (or estradiol, the most common form of the hormone in your body)
- Progesterone
- Both of these hormones.

These hormones regulate the reproductive cycle and promote the body's use of calcium. The ovaries decrease their production of these hormones as you age, which often results in:

- bone loss
- a diminished sex drive
- low energy
- mood swings
- hot flashes

HRT replenishes estrogen and progesterone levels in the body, helping to reduce these effects. The goal of HRT is to manage the symptoms of menopause, not necessarily to return the hormone levels back to a “normal” range.

How HRT ease the menopausal symptoms ?

HRT may help to ease menopause symptoms in the following ways:

- Low dose estrogen therapy can relieve vasomotor symptoms such as hot flashes and night sweats, genital and urinary symptoms of menopause, including vaginal dryness, painful sex, and urinary problems.
- Prasterone and Ospemifene, two other hormone-based treatments, can also relieve genital and urinary symptoms.

Who should avoid the HRT ?

- Problems with vaginal bleeding
- breast cancer or uterine cancer
- blood clots
- a heart attack or stroke
- a bleeding disorder
- liver disease & allergic reactions to medications containing hormones.

What are the complimentary alternative medicines for Menopause?

Alternative Medicine

Alternative medicine incorporates the use of medicinal herbs and complementary treatments, such as aromatherapy, therapeutic massage, and biofeedback, to bring relief from menopause symptoms.

Nutritious Diet

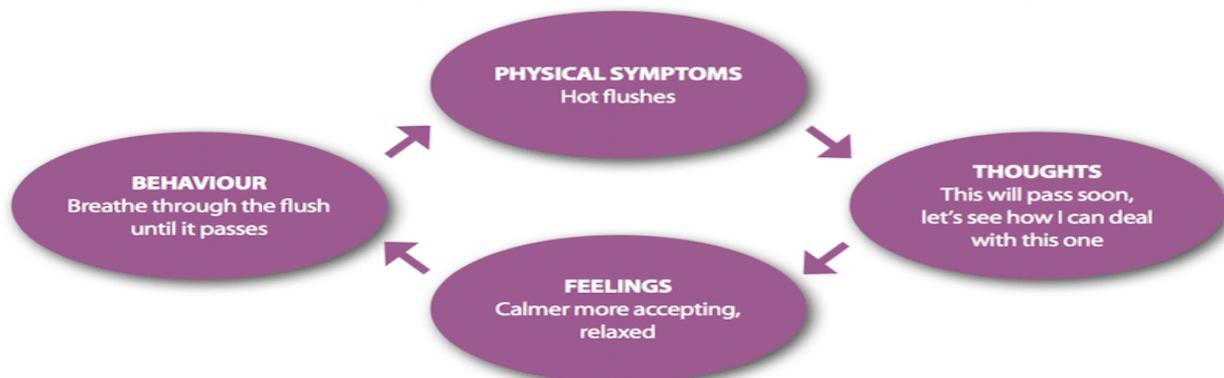
Studies have shown that a nutritious meal plan with proper hydration and balanced proportions of healthy fats, complex carbohydrates, and lean protein can greatly reduce the severity of menopause. Phyto estrogenic foods provide the body with plant-based estrogens, which mimic the function of estrogen in the body, thus relieving the symptoms of hormonal imbalance. (Eg)Soy, flaxseed, Moong beans, alfalfa, yams, garlic, parsley, strawberries. Calcium-rich foods can strengthen women's bones and reduce the risk of developing osteoporosis. (Eg)Milk, yogurt, cheese, dark leafy greens, broccoli, salmon, sardines. Vitamin D-rich foods help with calcium absorption and aid in preventing bone loss and fractures. (Eg)Fatty fish: Tuna, Mackerel; egg yolks; cheese; beef liver. Vitamin B foods might help alleviate mood swings and depression. (Eg) Eggs, sunflower seeds, almond, spinach, barley. Fiber-rich foods can not only relieve menopausal digestive problems and prevent weight gain, but also give the heart solid protection. (Eg)Whole grains; legumes; fresh fruits and vegetables.

Hypnosis :

Hypnosis is a mind-body therapy that involves a deeply relaxed state of focused attention. Hypnosis is a non pharmacological treatment for poor sleep and hot flashes in menopausal women. The goal of hypnosis is to educate and train subjects to perform self-hypnosis to alleviate the underlying symptom.

Cognitive Behavioral Therapy:

Many studies found CBT Trusted Source provided a moderate improvement in women's symptoms of hot flashes and night sweats. CBT is an action-oriented psychological intervention that has been used to treat hot flashes, depression, and other menopausal symptoms. CBT is a time-limited treatment that focuses on changing cognitive appraisals and behavior choices to alter symptoms. CBT may include education, motivational interviewing, relaxation, paced breathing, and other strategies improve symptoms.



Biofeedback and Relaxation Training

Biofeedback and relaxation techniques may include progressive muscle relaxation, relaxation combined with thermal control biofeedback training, paced respiration, at-home relaxation audiotapes, and applied relaxation techniques been used to treat menopausal symptoms. Biofeedback uses a device to monitor bodily functions that are normally automatic (eg, skin temperature, heart rate, or muscle tension) and provides “feedback” to the patient. Feedback and relaxation techniques (eg, guided imagery, deep breathing, and paced respiration) are then used to control stress responses.

Mindfulness-Based Stress Reduction

Practicing mindfulness with an emphasis on focus involves looking inward to observe what is happening in your mind .Mindfulness-based stress reduction (MBSR) uses a variety of exercises eg, mindfulness meditation , sitting and walking meditation and yoga) to develop awareness and acceptance of the present moment. A randomized controlled clinical trial was carried out to identify a reduction of symptoms of menopause. A finding shows that there is significant reduction of menopausal symptoms.

Regular Exercise

There are enormous effects are lined with exercises on managing menopause symptoms

Following recommendations are helps to gain the benefits of exercise:

Keeping up with at least 150 minutes of moderate level exercise per week, which cut down to about 30 minutes a day, 5 times a week which helps in while strengthening the heart and helping in maintaining a healthy weight.

- Adding aerobic exercises, such as jogging, swimming, or biking, to their routine as they incorporate the entire body Including muscle-strengthening exercises, such as light weight lifting, pushups, squats, or resistance bands, in order to prevent muscle loss and build strong bones.
- Practicing yoga, tai chi, or Pilates a try to combine body training with deep breathing techniques helps to alleviate stress .

Aromatherapy:



AROMATHERAPY FOR MENOPAUSE

Often used alongside **massage therapy**:

- Lavender
- Rose
- Jasmine
- Geranium
- Rosemary
- Evening primrose

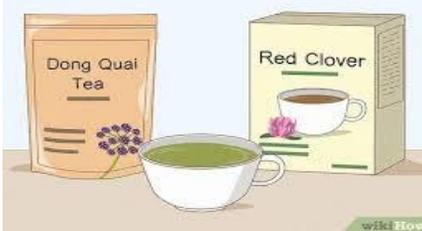
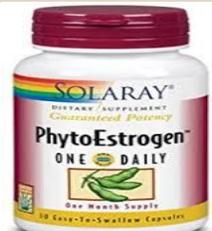
Aromatherapy, also referred to as essential oil therapy, uses naturally extracted aromatic essences from plants to treat various physiological and psychological imbalances. The scented oils are believed to reduce anxiety and increase relaxation, which may be beneficial in easing stressful menopausal symptoms.

(eg) Lavender oil, Rose geranium, Rose, Rosemary essential oils diluted in almond and evening primrose oil which will help to reduce the Menopausal symptoms.

Among the varied alternative treatments, the herbal supplements are effectively relieve the symptoms of menopause in a safest way.

Two types of herbal supplements are relevant in treating menopause symptoms: Phytoestrogenic and hormone-regulating supplements.

Phytoestrogenic supplements:

Estrogen Foods and Supplements

Estrogen Foods	Estrogen Supplements
Legumes peas, pinto beans, chickpeas, lentils	Created from phytoestrogenic herbs, often used to treat hormonal imbalances: <ul style="list-style-type: none"> ● Black cohosh ● Red clover ● Dong quai ● Among others
Whole grains wheat, rice, oats, rye, millet	
Fruits apples, pomegranates, dates, cherries	
Vegetables beans, carrots, potatoes	

Phytoestrogens are estrogens that occur in some plants. Foods containing phytoestrogens include beans, soy products, peas, lentils, and whole grains and seeds, especially flaxseed, rye and millet. angelica. Some herbs are high in phytoestrogens and can be taken in supplement form. black cohosh. broccoli. carrots. chaste tree berry. coffee. dong quai. evening primrose. By imitating the body's estrogen, they help to relieve most menopause symptoms. Macafem helps to restore the natural hormones in our body. These are considered as a safe and effective way to bring hormonal balance.

Hormone-regulating supplements (Eg): Macafem , Red clover and Black cohosh. It nourishes and stimulates the own hormone production by inducing the optimal functioning of the endocrine gland.

Red clover :It contains isoflavones, a type of phytoestrogen. It might help to reduce symptoms of menopause, such as hot flashes and night sweats, aging skin and vaginal atrophy. However Red clover is not recommended for use by women with hormone-dependent cancers of any kind or for people with blood-clotting disorders.

Conclusion :

HRT is the most beneficial treatment for menopause. HRT should be taken in a lowest effective dose for limited time period. However one must take advice from medical practitioner before starting HRT. Meanwhile women seek complimentary and alternative medicine for managing the symptoms of menopause. Hypnosis intervention for hot flashes has been shown to result in a clinically significant reduction (ie, 50% or more) in hot flashes and associated symptoms. . Mind-body interventions have few negative side effects and seem to

provide safe treatment options worthy of consideration. The effects and safety of herbal preparations is difficult to ascertain due to large variations in the RCTs that have been conducted. Investigations of standardized herbal preparations may provide a path for better understanding their effects and safety. There are no herbal treatments that have demonstrate consistent clinically meaningful benefits for menopausal symptoms. This lack of consistent evidence may not be due to the ineffectiveness of the treatments, rather it may indicate the need for more rigorously conducted RCTs regarding each of these modalities on menopausal symptoms. Some CAM interventions show promise (e.g. aromatherapy, acupuncture, reflexology), but lack empirical support.

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