

A few things about Menopause

Any time from the age of 45 (or earlier), things can start to change for women. By that, I mean hormones! Its known as Peri Menopause, Menopause, Post Menopause, The Change to name a few.

Menopause means the 'Pause in the Menarche' (the last menstrual period). Peri and Post are all that happen before and after this 'last period'.

As your oestradiol fluctuates during this transitional time there are symptoms that appear and some long-term health conditions that may arise as a result of the eventual decline in hormones.

Menopause may come naturally or may be premature as a result of surgery, drugs or chemotherapy.

General Signs and Symptoms:

Common – Hot Flashes, Night Sweats, Irregular Periods (heavy, skipped, short, long) Loss of Libido, Mood Swings, Vaginal Dryness.

Other Changes – Fatigue, Hair loss, Sleep disturbances, Concentration challenges, Memory lapses, Weight gain, Dizziness, Incontinence, Irritability, Anger, Anxiety and Depression, Itchy or crawling skin, joint pain or stiffness.

Medical associated issues – Osteoporosis and increased risk of Cardio Vascular Disease

If your menstrual cycle and your moods are changing (along with the above symptoms) it's time to connect with your GP or Naturopath. There are many ways to support your body during this sometimes-challenging time and your Naturopaths job is to aim to transition you naturally, with the use of Herbs and Nutrients, from one phase to the next, whilst managing your symptoms and ensuring your overall health and wellbeing is optimal. There are also medical approaches available such as Hormonal Therapy.

There are tests that the GP or the Naturopath can do for you to check your hormone levels and other relevant tests. These can be blood tests or saliva tests.

Helpful sites and References:

<https://jeanhailes.org.au/>

<https://www.metagenics.com.au/YourHealthGuide/Female%20Hormones>

Trickey, R (2011), *'Women, Hormones & the Menstrual Cycle'* (3rd Edition), Melbourne, Trickey Enterprises (Victoria) Pty Ltd