

MENOPAUSE



You know you've reached menopause when your husband jokes that instead of buying a wood stove, he is using you to heat the family room this cold season. Rather than just saying you are not amused, you shoot him.

What is Menopause?

Menopause is the cessation of a woman's reproductive ability. Menopause is usually a natural change; it typically occurs in women in midlife signaling the end of the fertile phase of a woman's life.



Menopause is characterized by:

- End of monthly menstruation
- End of ability to get pregnant
- Age 42-50years (commonest 52-54)
- No menstruation for a whole 2 years.



Perimenopause

This is:

- Period just before menopause
- Characterized by irregular menses
- May last up to 30 months
- Periods may be more frequent & heavy

Just when you get used
to PMS, they tell ya
you've got
PERIMENOPAUSE



What Causes Menopause?

- Reduction of undeveloped eggs to 100 or less
- Decrease in oestrogen production
- Decrease in the hormone that stimulates production of eggs



Menopause means



never having to say
you're chilly!

Symptoms of Menopause

Physical

- Irregular heart beat
- Dry Vagina
- Crashing fatigue
- Irregular or no periods
- Incontinence - Especially sneezing, coughing, laughing, urge incontinence
- Itchy, crawling, dry skin
- Aching sore joints, muscles and tendons
- Hot flashes

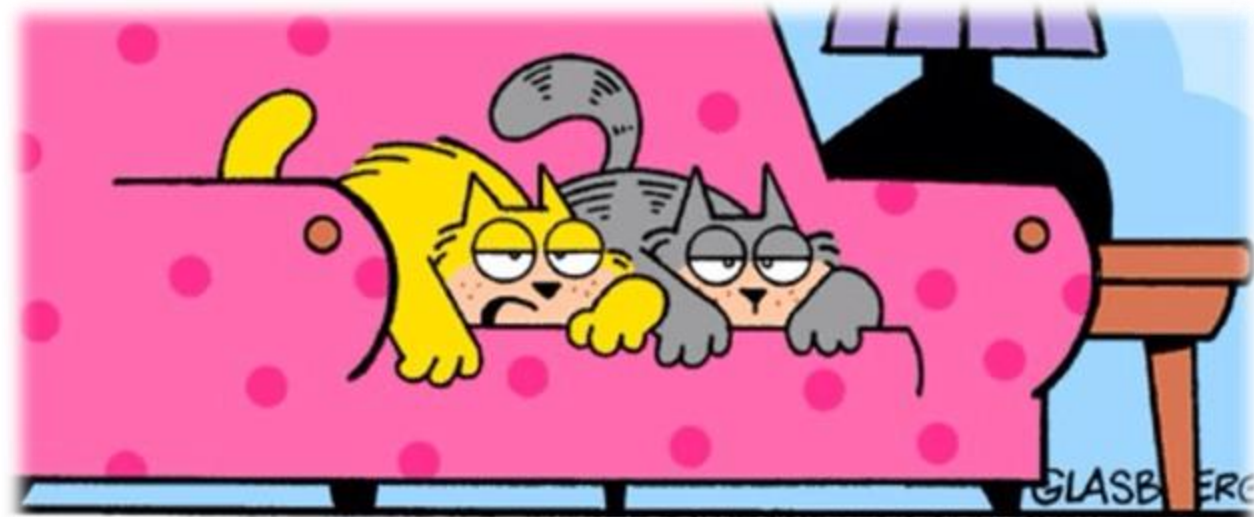
- Breast tenderness
- Indigestion, flatulence, gas, abdominal pain, bloating, nausea
- Increase in allergies
- Weight gain- especially around waist and thighs
- Hair loss or thinning
- Increase in facial hair
- Changes in body odor and breath odor, burning tongue, bad taste in mouth
- Dizziness, light headedness, episodes of loss of balance



100
Pack

HELP!
I CAN'T FIND THE
MENOSTOP
BUTTON!

- Gum problem and increase in bleeding gums
- Change in finger nails- softer, crack, or break easier
- Tinnitus and ringing in ear
- Osteoporosis



“Having nine lives is cool, but if I have to go through menopause again, forget it!”

Psychological

- Irritability with mood swings and sudden tears
- Loss of libido. Some women even find sex repulsive
- Anxiety, feelings of illness, apprehension, doom
- Insomnia, difficulty concentrating, disorientation, mental confusion disturbing memory lapses
- Depression with overwhelming inability to cope and feeling of loss of self

The Seven Dwarves of Menopause



Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful & Psycho



**Depression, hot flashes, sleep disturbance...
What are safe treatment options for
symptomatic midlife women?**

Dealing with Symptoms

SUPPLEMENTS

- Calcium + vitamin D + magnesium multivitamin with zinc to high progesterone to combat hot flashes

CLOTHING:-

- Wear layers and remove as necessary
- Sleep in light clothes that can absorb sweat

FOODS

That trigger hot flashes

- Spices
- Alcohol
- Caffeine and other hot beverages

Foods that reduce hot flashes:

- Alfalfa
- Soy products
- Olives (Contain natural oestrogen)
- Olive oil
- Oasis
- Peas
- Papaya
- Yams



Work out @ least 30 minutes each day-
walking, jogging, and swimming.



Some natural means:

- Herbs
- Essential oil
- Oils- almond, geranium, vitamin E oil
- Relaxation



Glamcheck.com



Menopause Diet

During menopause it's advised to eat foods rich in calcium and vitamin D.

The body's response to menopause includes:

1) Bones

- Density of bones lower @ 40 naturally.
- The natural decline is accelerated by menopause.
- Age and menopause work together to cause low bone mass and low density = Osteoporosis.
- Women run a 2-7 × risk of bone fracture & this increases with age with age.

2) Digestive system

The digestive system becomes less efficient and digestion takes longer.

3) Vulnerable to heart disease.

4) Weight high - due to the low metabolism and decreased energy expenditure.

5) Cardiovascular system prone to heart attack. This is because of increase in cholesterol.

A good diet will:

- Benefit bones.
- Benefit the heart.
- Control weight.



A good diet should consist of:

- Vitamin D from the sun.
- Vitamin B which is high in dairy products - skim or low fat milk and yoghurt.
- Lower fat intake.
- High intake of vegetable that will result in lower weight.
- High calcium - 1200mg/day of calcium for women over 50. Find calcium in dairy products, clams, sardines, broccoli and legumes. 2-4 cups of dairy products and calcium rich foods is enough.
- High iron intake. At least 3 helping of iron rich foods. Found in lean meat, poultry, fish, eggs, leafy green vegetables, nuts.

Water

- Minimum 2 liters spread over 24 hours on cold days, much more on hot days.
- Avoid water with main meals as it disrupts digestion. Drink water half an hour before and half an hour after main meals to avoid neutralizing digestive juices.



When to Eat

- 3 meals spread over the day (to avoid starvation mode and preferably after every 5 hours)
- Meals must be eaten before 8 p.m. (to avoid storing fat and to avoid fatigue due to overnight digestion)
- If intending to miss any meal, let it be supper



OMEGA oils are important in brain and heart function. They are found in:

- Cold liver oil
- Fish
- Eggs
- Butter
- Yoghurt
- Goat milk





Other Conditions that Mimic
Menopause

- Hypothyroidism
- Diabetes
- Obesity
- Depression



Male menopause
is male whining
taken to an art
form.

Melissa Szymanski

MALE MENOPAUSE

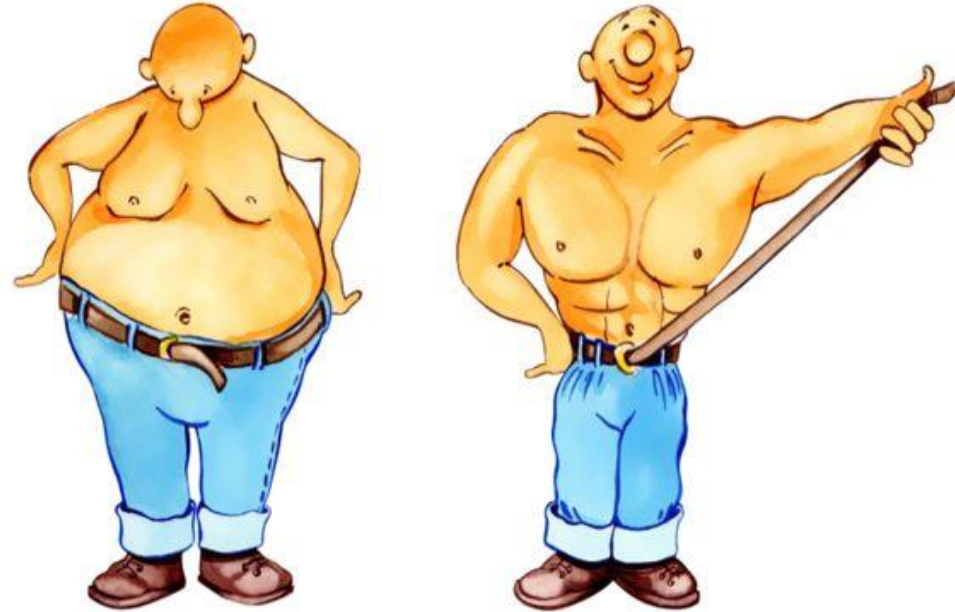
Also known as andropause, male menopause has slight similarities with female menopause, caused by the steady decline of production of testosterone in middle aged men.

Male menopause is also characterized by a decrease in leydig cells that starts in mid-40's.



The symptoms of male menopause include:

- Anger and irritability
- Social withdrawal
- Hypersensitivity
- Anxiety
- Mood swings
- Lack of libido
- Back and head aches
- Insomnia
- Decrease in genital and testicle size
- High body fat
- Enlarged nipples gynaecomastia
- Memory lapses



**I'M
STILL
HOT,
IT JUST
COMES IN
FLASHES
NOW**



Enjoying Menopause

- Enjoy sense of freedom
- Throw away sanitation
- Plan events without considering that time of month
- No PMS, Migraines, Period cramps
- No accidental pregnancy
- Bond with others going through menopause
- Enjoy your achievements



Enjoying sex at menopause needs:

- A positive attitude
- Regular exercise
- A healthy diet
- Adequate lubrication





Special Health
Tips

Kegels

	URINE	OTHERS	TOTAL
Week 1	$3 \times 10 = 30$	-	30
Week 2	3×10	3×10	60
Week 3	3×10	6×10	90
Week 4	3×10	9×10	120
Week 5	3×10	15×10	180
Week 6	3×10	17×10	200

150 - 200 Kegels maintenance for the rest of your life

- AVOID TIGHT FITTING CLOTHES- particularly avoid bras with underwire could impede lymph flow and encourage breast cancer.
- Avoid panty liners -the vagina needs oxygen.
- Where possible avoid tampons. If must use tampon no more than 4 hours even if not full. Do not sleep with a tampon- the vagina needs to have oxygen.
- Avoid thongs-they are highway for bacteria from anus to vagina and urethra.
- Make sure to have bowel motion every day constipation is associated with colon cancer.
- Do not use artificial sweeteners: aspartame, saccharin as they are associated with cancers.
- Reduce or remove salt from food. Avoid adding uncooked salt.
- Avoid excessive irradiative contact from mobile phones, CT scans as they are associated with cancer.

- Stay in the sun often allows you to sweat, opening up the pores. The sun is also a source of vitamin D, helps increase production of serotonin (a feel good hormone) as well as a host of other benefits
- Make sure to wash your hands after using the toilet. Women should actually wash their hands before and after using the toilet
- Red meat is not unhealthy taken in right quantities. It supplies the fats that allow some vitamins to be absorbed. It also is a great source of iron

- Meat and eggs are the only source of vitamin B12. Without vitamin B one gets severe anemia
- It's very important to have a group of friends with whom you meet often to laugh, dance and even cry. Have also a close friend/confidant with whom you can share your life openly
- Keep smiling. Even when things are tough remember to smile, remain positive and look on the bright side. This will release feel good hormones that keep mental health problems such as depression away



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