Menopause
Menopause is an important stage in a woman’s life, because her body goes through changes that can affect her social life, her feelings about herself and her functioning at work. Earlier surrounded by misconceptions and myths, menopause today is recognised as a natural step in the ageing process. Medical advancements have resulted in a wide range of health care choices that can enhance the quality of life during menopause and decades afterwards. Understanding menopause and the range of treatment options have helped many women make the best of health decisions. They have found that the years after menopause offer new discoveries and fresh challenges.

What is Menopause?

Menopause is the medical term for the end of a woman’s menstrual periods. It is a perfectly natural occurrence when the ovaries stop producing hormones called estrogens. This causes estrogen levels to drop, leading to the end of menstruation. Menopause usually happens between the ages of 45 and 60, but can even happen earlier. It can also occur when the ovaries are surgically removed or stop functioning for any other reason.
Recognising the arrival of Menopause

Menopause may commence with changes in the pattern of your periods. Indicators that your body is preparing for menopause are:

- Missing periods
- Having periods more often
- Bleeding between periods
- Bleeding much less than usual

Low estrogen levels in the onset of menopause result in some uncomfortable symptoms for many women...

**Hot flashes:** Sudden intense waves of heat and sweating that some women find disrupt their sleep.

**Mood swings:** Unexplainable emotional changes that cause one to be depressed, exhausted or cranky, for no apparent reason. If you continue to feel this way, please consult your doctor.

**Dry vagina:** Some women experience discomfort, itching or pain during sexual intercourse.

**Urinary tract infections:** Changes in the urinary tract and vagina cause leakage of urine or inability to control urine flow (urinary incontinence).
Health changes after Menopause

Osteoporosis:

Osteoporosis is the medical term for the thinning of bones, which become weak and break easily. The bones of the spine, wrists, and hips are most prone to fracture. Although bones naturally weaken in both men and women from the age of 40, women lose ‘bone density’ more rapidly after menopause. It is, therefore, essential that osteoporosis-prone women get enough bone-strengthening calcium in their diet. Calcium is naturally found in many foods including dairy products. Calcium tablets are another good way to add calcium to one’s diet. The goal should be to reach a total daily intake of 1000 milligrams per day before menopause or 1500 milligrams per day after menopause.
An intake of estrogen can slow the rate of bone thinning and may prevent bones from breaking easily. However, estrogen therapy (also known as ‘Hormone Replacement Therapy’ or ‘HRT’) has some risks. Therefore, only women who are at risk of developing osteoporosis should use estrogens for prevention. Regular weight-bearing exercise and walking can also help prevent osteoporosis.

**Osteoporosis Risk Factors**

- Caucasian/Asian race
- Slim build
- Cigarette smoking
- Family history (mother, sister or aunt with osteoporosis)
- Early menopause

**Heart disease**

The incidence of heart disease increases considerably in women after menopause.

**Heart disease Risk Factors**

- Being overweight (obesity)
- High blood pressure
- Diabetes
- Cigarette smoking
- High levels of ‘bad’ cholesterol
- A low level of activity (sedentary lifestyle)
Live healthy with Menopause

Menopause is a natural part of life, not a disease or a health crisis. You owe it to yourself to focus on your health, adopting the several lifestyle changes that can make you feel better. The steps below will also keep your heart healthy and your bones strong.

• Eat a nutritious diet
• Include calcium in your diet or through supplements
• Stay calm during hot flashes
• Discuss these problems with family and friends
• Exercise regularly
• Include bladder control in your exercise routine (kegel)
• Consult your doctor on countering vaginal dryness
• Learn new ways to relax
• Stay active
• Avoid smoking

Remember, if you fully understand the various dimensions of menopause, and wisely adopt the measures that can manage the condition, you will discover that life, even well beyond 60 years of age, can still be immensely enjoyable and fulfilling.
Key Services:

- Cardiac Sciences
- Chest Medicine
- Cosmetic Surgery
- Dental
- Dermatology
- Endocrinology
- ENT
- Gastroenterology
- General Surgery
- Intensive Care Unit
- Internal Medicine
- Minimally Invasive Surgery
- Neonatology
- Nephrology
- Neuro Sciences
- Obstetrics and Gynaecology
- Oncology
- Ophthalmology
- Orthopaedics
- Paediatrics
- Psychiatry
- Rheumatology
- Urology

Support Services:

- 64 slice CT Scan
- Bone Densitometry
- Chemotherapy
- Dental Scan
- Dialysis
- Echography
- Emergency and Ambulance Services (24/7)
- Mammography
- Medical Check Ups
- Medical Laboratory
- Open MRI
- Pharmacy
- Physiotherapy
- X-Ray

For a Healthier Future

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