

Menopause & Mental Health

Praxis

version

5



Contents

- Preface Dr. Rohit Bhat
- Emotional instability in Menopause Dr. Sandhya Agarwal
- Menopause Mood Swings Dr. Smita Tandon
- Menopause Is Nothing But Puberty's Elder Evil Sister Dr. Prerna Agrawal
- Menopause Messes with the Mind Dr. Roopa Chandrashekar
- Menopause & Concentration Dr. Shonali Agarwal
- Menopause & Mood Changes Dr. Maitri Shah
- अल्जाइमर्स रोग क्या है Dr. Savita Tyagi
- Menopause & Snoring Dr. Smita Shah
- Menopause & Anger on Husband Dr. Archana M Dwivedi
- Emotional Instability Dr. Varsha Prapanna
- Menopause Psychosis Dr. Dina Shah
- Menopause and difficulty in Concentration Dr. Neelu Mishra
- Role of Dance & Exercise in Relieving Mental Stress Dr. Binal Shah
- How to Enjoy and Revitalise your Hidden Talents in Menopause Dr. Archana Sah
- MENOPAUSE & Absurd Behaviour Dr. Alka Patel
- मेनोपॉज और स्लीप-डिसॉर्डर Dr. Anju Soni
- MENOPAUSE & Mental Breakdown Dr. Chaitali Patel
- MENOPAUSE & Forgetfulness Dr. Alpa Shah
- MENOPAUSE changes Personality Dr. R.K. Baxi
- COGNITIVE deterioration in Menopause Dr. Preeti Niranjana
- How best can husband support partner during MENOPAUSE Dr. Sachin Wani
- रमैनेन्सिटी उदामी MENOPAUSE depression Dr. Darshanjot Kaur
- Empty Nest Syndrome Dr. Shweta Shah
- Is Gossiping a Stress Buster Dr. Taru Chhaya
- Menopause and sleep disorders Dr. Sushma Baxi
- Menopause and the Crazy Behavior Dr. Sudhaa Sharma
Dr. Pallavi Sharma
- Dementia in Menopause Dr. Maya Modi



PRESIDENTIAL Message....



Message from President

Greetings to our readers of poise magazine.

POISE is the mouth piece of IMS.

Theme of this year is **Healthcare and scape for 50+**, Logo depicts a change of women's life from pink of youth to green of fertility passing through orange of perimenopause to rejuvenated lavender of menopause, the colourful journey of the woman is decorative in itself.

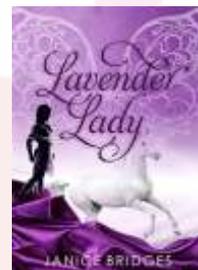
Covid 19 has closed planet earth for repairs for 1 yr, repairs are about to be completed tsunami of second wave of corona has gushed in.

It is time to talk about mental health of woman.

I appreciate Arti for selecting this theme for poise ,I congratulate her and all the IMS family who contributed for this issue.

Ambuja Choranur

President IMS 2021-22





SECRETERIAL Message....



Dear Friends, IMS Family & Club 35+ Members,

Hope this issue of **"POISE"** finds you in good health and spirit.

We have been battling with this **COVID – 19** pandemic for more than a year now. Let us wish Wellness, Peace and Happiness for all.

Indian Menopause Society is a multidisciplinary society, it's main mission is to serve midlife and elderly women. Theme 2021-2022 is **"Healthcare Landscape for 50+"** depicting in its Logo as "Fit @ 40", "Fabulous @ 50", "Strong @ 60", "Serene @ 70" & "Independent @ 80"

"POISE" magazine is a mouth piece of IMS, that helps to spread awareness regarding various aspects of Menopausal Health.

Approaching middle age often increases stress, anxiety and fear. These can partly be attributed to physical symptoms also. There may also be emotional changes such as worries about getting older, loosing family member & children leaving home. Most of these mental problems in this phase can be because of a shift in the levels of female hormones approaching menopause.

This issue deals with all aspects of **mental health** during menopause, their awareness and how to deal with them.

Our Club 35+ Chairperson, Dr. Arti Gupta Sharma, Enthusiastic, Active, Young Gynecologist who along with her team members is doing lots of awareness programs for Club 35+ members, (virtually), has taken all efforts to compile and present this **"POISE"**. They need all the applause and appreciation.

Long Live IMS

Dr. Sudhaa Sharma

Former Professor,
Dept. of OBGY (GMC, Jammu)
Secretary General, IMS



Dr Subhashini Gupta



Dr. Arti



Dr Ila kishore

EDITORIAL Message....

Dear IMS family and Club 35+ members

I Hope you will be in good spirits and pink of health.

We are all going through difficult times from the past 15 months due to the ongoing pandemic. So God bless each of us.

In these tough times, Nature tries to heal by itself. This is a Paradox.

It is a great pleasure to present this issue of POISE on Mental Health. This will help you to understand the psychological and emotional need of a women at Menopause. It will be helpful in guiding you all to seek psychological support by clinical psychologist and doctors.

If you are not well, just decide what is best for you. You will observe that the whole universe will start moving things as you wish. People whom you need will be there for you as a healing hand. The doors which you felt were closed will start to unlock. But, all this will not happen unless and until you yourself decide to stand up and face the realities of your life.

If you are able to do so **MIRACLES** will start happening in your life.

I thank my co-editors Dr. Subhashini Gupta and Dr. Ila Kishore for being with me continuously in this effort of mine.

Thank you.

The Aim of life should be

BE HAPPY

KEEP DREAMING

KEEP STRIVING

Dr. Arti Gupta Sharma

April QUIZ winners



Sugandha
Chandigarh



Seema Singh
Lucknow



Monika Agarwal
Agra City Branch



Seema Malhotra
Navika Agra



Parul Gupta
Firozabad



Heena Sanghvi
Club 35 plus Rajkot



Ruby Shah
Varanasi



Jyothi
Hyderabad club 35



Usha Varda
Raipur



Neeta Gupta
Agra



Abha Jain
Jaipur Menopause Society



Tahira Parveiz
Agra Hum Saath



Gurveen
Club 35 PMS
(Patiala Menopause Society)



Pushpa Thakur
Bhagalpur



Meghana Athalye
Pune

Preface



Dr. ROHIT BHAT

Aging Process does not spare anybody. It can be delayed but cannot be halted. This applies to men and women alike. The aging process starts slightly earlier in women than in men. Women suffer from physical, mental, social and psychological problems after 35 year of age. These problems like anxiety, forgetfulness, mood swings, emotional outbreaks etc. are commonly noticed. Preventive counselling may be more effective than counselling when symptoms appear. The male members need to be counselled about this phase in woman's life. It is true that when two objects, living or inert, meet, friction is inevitable. Friction can generate heat and light. Problems arise when heat is generated instead of light. If both the spouses are educated and professionally active, differences of opinion is inevitable. Lack of tolerance is the first victim when differences are on top.

Mutual respect and spirit of "give and take" can prevent lot of social and emotional issues in later life. Saying sorry at the right time can prevent many mental problems. Women are generally reluctant to go to the doctor for help and support thinking that these are normal at this age and there is no treatment. Women in rural areas often accept these issues with equanimity. These women need counselling to explain that these changes can be alleviated if counselled in time.

The present book will help such women to know the reasons for these changes and know how to deal with these problems. I feel the counselling is needed not only to the woman but to the entire family. Family members do not realize that they may be responsible for some of the mental and emotional problems in their mother /husband. The personality makeup of the woman is important in determining these emotional and social issues.

Women with strong personality can withstand the storm of changes round about menopause. These changes round menopause can be reduced if proper counselling is done.

I feel this book should be read not only by the woman but the entire family must read so that they can realize how they can help to alleviate these symptoms in their near and dear ones

EMOTIONAL INSTABILITY IN MENOPAUSE



DR. SANDHYA AGARWAL

At the time of menopause there is change in reproductive hormones that is fall in estrogens and progesterone with rise in gonadotrophins, body may react with hot flushes, sleep disturbance and **CHANGES IN EMOTIONS** that can be unpredictable.

Sometimes these changes in mood can be unpredictable. Sometimes these emotional changes may take the form of extreme and sudden feelings of panic, anxiety, anger, irritability, feeling of sadness, difficulties with memory and concentration and even depression.

Women have increased risk of developing significant depressive symptoms after they enter menopause, even if they do not have history of depression. The realities of getting older and moving in different phase of life can contribute to moods that are unstable, in addition to the stress of lost sleep and hot flashes even feeling of less beautiful look, loss of femininity and less social recognition.

Estrogen also controls serotonin production in brain. Serotonin is a chemical that helps regulate emotions, so less estrogen means less serotonin production. Emotions may be triggered by an overactive thyroid gland which is common at this age some diseases that are common at advancing age like diabetes, hypertension. Social theories point to the changes in the family and environment for example departure of children, loss of partner, superadded family stress like settlement of children. Financial adjustment may be retirement of husband, or loss in business.

IN SOME WOMEN MENOPAUSE IS A WELCOME RELIEF FROM BLEEDING FEAR OF PREGNANCY.

General Remedies for Menopausal Emotions

- Diet rich in protein, less fat, less carbohydrate
Ginseng, Soy, wild yam, Plenty of liquid,
- Vitamin D and Calcium, E, B Complex supplementation
Yoga and Exercise
- Hobbies, Social Work, Religious Activity to keep mentally active
- Getting good and full sleep.

Menopause Mood Swings



Dr. Smita Tandon

During the transition to menopause levels of estrogen hormones drops causing wide ranging changes throughout the body. Many of these changes have direct connection to menopausal mood swings. Estrogen helps to regulate several hormones which may have mood boosting properties.

These includes-

- serotonin
- norepinephrine
- dopamine

Risk factors-

- depression
- stress
- poor physical health

Symptoms-

- irritability
- crying spells
- feeling of anxiety, depression
- lack of motivation
- lack of patience
- aggression,
- increased stress
- difficulty in concentration

How to cope up with emotional changes-

- aerobic exercises-50 minutes in a week
- eat healthy-fruits, green leafy vegetables, legumes grains providing omega 3 fatty acids, lean protein



- self-calming activities like yoga, meditation, prayanam, walk in garden deep breathing exercises
- enough sleep-6-8 hours
- engage in a creative outlet that fosters a sense of achievement
- avoid tranquilizers and alcohol
- stay connected to your family
- nurture your friendships

When to seek help-

- extreme
- causing added anxiety
- making it difficult to participate fully in life
- outlook
- mood swings related to menopause prolongs 4-5 years. slowly they decrease in frequency and intensity. some women report their symptoms last longer

Medication and therapy-

- keep a diary for your doctor of your mood swings including any possible triggers,
- daily activities stressful situations, meals, medications or supplements
- antidepressants
- psychotherapy
- short term HRT [to rule out contraindications]
- lifestyle management



"Menopause Is Nothing But Puberty's Elder Evil Sister



Dr. PRERNA AGRAWAL

बढ़ती उम्र के साथ स्त्री में कुछ शारीरिक, कुछ मानसिक और कुछ भावनात्मक बदलाव आते हैं। यहाँ हम सिर्फ मानसिक बदलाव में बारी में बात करेंगे।

जैसे ही मानसिक बदलाव यदि वश से बाहर हो जाते हैं तो Mental Breakdown की स्थिति बन जाती है।

इन बदलावों में हार्मोंस की कमी की एक महत्वपूर्ण भूमिका होती है। मगर उससे भी अहम् भूमिका हमारी सोच, हमारा नजरिया,



अवसाद (Depression)

घबराहट
नकारात्मक सोच
अपने लिये हीन भावना
तनाव, चिन्ता आदि

परिवार और समाज की भूमिका और हमारी जीवनशैली की होती है। हमारी सोच हमारे मन से है। यदि उसमें नकारात्मक विचार ज्यादा होंगे तो हमारे शारीरिक बदलाव हम पर हावी हो जाते हैं। मन को शक्तिशाली बनाकर इन बदलावों को रोका जा सकता है। मगर यह समझना भी आवश्यक है कि यह एक Medical Condition भी है, इसमें इलाज की जरूरत पड़ती है।

ज्यदातर परिस्थितियों में महिलाओं को यही समझाया जाता है ऐसा कुछ नहीं है, तुम अपना दिमाग काम में लगाओ, खाली हो गयी हो यही सब सोचोगी।

इन स्थितियों में स्त्री को सहारा चाहिए, साथ चाहिए, पारिवारिक, सामाजिक या Medical Support चाहिए। जरूरी है कि Mental Breakdown तक जाने से पहले वाले लक्षणों को पहचान लिया जाए। जैसे कि –

- अकेले रहना
- अवसाद (Depression) जिन बातों को आप Enjoy करते थे उनसे अलग रहना
- सही काम में मन न लगना
- खोये खोये रहना

- जीवन शैली में बदलाव, देर रात तक जागते रहना
- खुद पर, स्वास्थ्य पर ध्यान न देना
- हर समय थका या डर महसूस करना
- Panic Attack (Critical Depression)
- घबराहट

नकरात्मक सोच, अपने से हीन भावना, तनाव, चिन्ता अवसाद। Menopause कुछ मानसिक बीमारियों को बढ़ा सकती है जैसे Bipolar disorder, Depression, Psychotic Disorders, Schizophrenia.

पहले से Depression की Tendency है अथवा कोई दिमागी बीमारी रही है उसका ध्यान रखें। अगर हम यह समझ सके, तो Mental Breakdown तक पहुँचने की स्थिति से बचा जा सकता है।

आवश्यकता है कि महिलाओं को और समाज को इन बातों का ज्ञान हो। सबसे पहले आपको खुद अपनी मदद करनी है। इन लक्षणों के महसूस होने पर खुद को बाहर निकालें, अपने परिवार और दोस्तों की मदद लें।

अच्छा भोजन लें। कुछ चीजों में Phytoestrogens अच्छी मात्रा में होते हैं जैसे – सोया प्रॉडक्ट्स, फ्लैक्सीड, ओट्स, दाल, सेब, गाजर, अनार, आदि। उनको अपने खाने में शामिल कर सकते हैं।

- समय पर सोयें, पूरी नींद लें।
- व्यायाम, योग करें। कुछ भी नया सीखें।
- अपने शौक पूरे करें। और फिर भी अच्छा महसूस न करे तो Doctor की राय और इलाज लें।

आवश्यकता अनुसार आपको निम्न इलाज दिए जा सकते हैं

- Hormomone Replacement Therapy
- Anti-Depressant Medication
- Antianxiety Medication

सबसे महत्वपूर्ण है खुद से प्यार करें खुद को समय दें।

खुश रहे

MENOPAUSE MESSES with the MIND



Dr. ROOPA CHANDRASHEKHAR

A mental health therapist's perspective.

Menopause a natural transition occurring in the life of every woman.

The mind can be referred to as a collection of memories, thoughts and emotions.

How and why does a natural biological process lead to disturbances and disruptions in the mind?

The changes experienced due to changing hormonal milieu overlap with the results of the normal ageing process and are influenced by the social factors present at that time.

Besides coming to terms with the end of her fertile period even the most stoic woman finds herself challenged by the increasing girth, the feelings of fatigue, aches and pains and sleep disruptions due to anxiety or hot flushes.

Spousal relationships change in the environment of increasing irritability and decreasing physical intimacy.

Sadly this period often overlaps with the stresses of caring for aging parents and the demands of ambitious kids following their career path.

Thus Menopause may arrive at a clinic wearing many masks!

Empathetic listening, and education about the menopausal transition (to the partner as well) provide considerable relief.

- Hypnosis which includes relaxation, imagery and customised suggestion provides relief from vasomotor symptoms, insomnia and helps improve mood.
- Cognitive behavioural therapy and Mindfulness practices help ease anxiety and depression by teaching healthier ways of interpreting life experiences.
- A graded exercise schedule including a variety of aerobics, resistance training and yoga help restore stamina, and preserve muscle and mobility.
- Reviving old friendships and acquiring a hobby help bring back joy.
- Deficiencies of B12, D3, magnesium and thyroid hormone can be treated.
- Antidepressants or HRT can be reserved for resistant cases.

With increase in life expectancy Menopausal years make up one third of life span.

Proper attention and guidance can make them the most fulfilling years of a woman's life.

MENOPAUSE & CONCENTRATION



Dr. SHONALI AGARWAL

Difficulty in concentration and forgetfulness is a common and irritating symptom reported by the menopausal women (Even by ageing Men). The exact cause for this is not yet pinpointed but is possibly a part of the spectrum of changes owing to the fall in estrogen levels affecting the neurotransmitters

Medicine has yet no magic remedy to ageing and the changes that it brings. But equally true is that- **“Ageing is a case of mind over matter; If you don't mind it does not matter.”**

Acceptance is the answer. We women accept the adjustments due to workplace, marriage, pregnancy, and parenting (List is endless....) with a smiling face. So why be desperate or depressed with the ones associated with ageing. Possibly nature **wants you to forget the grudges of past and move forward for a more productive and fulfilling time for yourself.** It is time you concentrate on the inside.

So meet old friends, do all you wanted to do, but could not because your **'young brain'** kept on reminding you of your responsibilities and the perfect concentration forced you to **focus on all but yourself.** Form self help groups of like aged women and share your problems. You will be more benefitted from simple solutions shared by them than popping pills. Develop coping strategies like using reminders. Learn and accept newer technologies to your benefit. (Alexa is better than your spouse for this).

Exercise, travel, cultivate a hobby and surprisingly you will find that you have treated yourself.

LIVE YOUR LIFE- NOT YOUR AGE. YOU ARE NOT OLD...JUST YOUNG FOR TOO LONG!

MENOPAUSE & mood changes



Dr. MAITRI SHAH

About 23% of women go through mood swings during menopause. Those who are having unsatisfactory relationships with loved ones, a difficult living situation or a chronic illness are more likely to develop these changes.

Menopause can create physical challenges that include trouble sleeping and issues with sex which may negatively affect mood. Anxiety about aging and stress about future also can cause upset and mood swings. Mood changes include irritability, depression, anxiety, crying episodes and feeling weepy, insomnia etc.

Regular exercise, diet rich in protein and omega-3 fatty acids and enough sound sleep with a healthy nighttime routine will help relieve stress and improves mood.

De-stressing through your favorite activity, learning a new hobby, gentle yoga and pranayam, meditation, or quiet walks in nature may help improve mood. Preparing your affirmations and practicing them with pleasant imageries (self hypnosis) also is a proven management option.



If your mood swings are extreme and compromising in your daily routine, you should approach your doctor. Keeping a diary which include your daily activities, any particular activity that triggers your mood changes, details of consumption of food and any supplement or medication is a good idea. Only a few women may require medical treatment.

अल्जाइमर्स रोग क्या है



Dr. SAVITA TYAGI

अल्जाइमर्स एक तेजी से फैलने वाला रोग है, जो याददाश्त और अन्य महत्वपूर्ण मानसिक कार्यों को हानि पहुंचाता है। यह डिमेंशिया का सबसे आम कारण होता है, जिससे हमारी बौद्धिक क्षमता बेहद कमजोर हो जाती है। ये परिवर्तन हमारे दिन प्रतिदिन के जीवन के लिए खराब साबित हो सकता है। अल्जाइमर्स रोग में मस्तिष्क की कोशिकाएं खुद ही बनती हैं और खत्म होने लगती हैं, जिससे याददाश्त और मानसिक कार्यों में लगातार गिरावट आती है। अल्जाइमर्स के तीन चरण होते हैं

• प्रारंभिक चरण

प्रारंभिक चरण में रोगी स्वतंत्र रूप से ड्राइव, अन्य काम और सामाजिक गतिविधियां कर सकता है। इसके बावजूद, रोगी को यह महसूस हो सकता है कि उसकी याददाश्त में समस्याएं आ रही हैं, वह परिचित शब्दों को भूल रहा है, या रोज की वस्तुओं का स्थान भूल रहा है। इसके लक्षण हैं

- सही शब्द या नाम सोचने में परेशानी
- नए लोगों से परिचित किए जाने पर नाम याद रखने में समस्या।
- अभी पढ़ी बातों को भूलना
- बहुमूल्य वस्तुओं को खोना या गलत जगह रखना

• मध्य चरण

अल्जाइमर्स का मध्य चरण सबसे लंबा होता है, जैसे जैसे रोग बढ़ता है, अल्जाइमर्स के मरीज को ज्यादा देखभाल की आवश्यकता होती है। मरीज के लिए अपने नियमित कार्यों को करना मुश्किल हो सकता है।

लक्षण

- घटनाओं के बारे में अपना व्यक्तिगत इतिहास भूल जाना।
- स्वयं का पता भूल जाना।
- अपने वर्तमान जगह या दिन को भूल जाना।
- मूत्राशय या आंत को नियंत्रित करने में समस्याएं।
- नींद आने के समय में परिवर्तन

● अंतिम चरण

- दैनिक गतिविधियों और व्यक्तिगत देखभाल के लिए हमेशा सहायता की आवश्यकता होना।
- भौतिक क्षमताओं जैसे चलने बैठने और निगलने में परेशानी
- संवाद करने में समस्या
- संक्रमण, खासकर न्यूमोनिया का खतरा।

अल्जाइमर्स रोग के कारक

- आयु 85वर्ष से अधिक आयु वालों में अल्जाइमर होने का खतरा ज्यादा होता है
- अनुवांशिक
- पहले की सिर की चोट
- नींद के विकार

अल्जाइमर्स रोग किसकी कमी से होता है अमेरिका के मेयो क्लिनिक के अनुसार शोध बताते है कि रक्त में विटामिन डी की कमी अल्जाइमर्स रोग को बढ़ाती है।

अल्जाइमर्स रोग से बचाव

फिलहाल, अल्जाइमर्स रोग से बचने का कोई सिद्ध तरीका नहीं है, लेकिन इस विषय में वैज्ञानिक खोज चल रही है। अभी तक यह माना जाता है कि हृदय रोग के जोखिम को कम करने से अल्जाइमर रोग के जोखिम को कम किया जा सकता है। ऐसे कुछ महत्वपूर्ण कारक है

- हाई ब्लड प्रेशर
- हाई कोलेस्ट्रॉल
- अधिक मोटापा
- शुगर की बीमारी

अल्जाइमर्स रोग का परीक्षण

- स्वास्थ्य इतिहास की जाँच
- मानसिक परीक्षण
- सीटी स्कैन
- एमआरआई

अल्जाइमर रोग का इलाज

वर्तमान में अल्जाइमर्स की ट्रीटमेंट के लिए अमेरिका के एफडीए द्वारा कई दावे स्वीकृत हैं। अल्जाइमर्स के लक्षणों का इलाज करना लोगों को अधिक समय तक आराम, अच्छा जीवन और स्वतंत्रता प्रदान करना है।

अधिकांश दवाएं अल्जाइमर्स के प्रारंभिक या मध्य चरण में सबसे अच्छा काम करती हैं। उदाहरण के लिए, वे कुछ लक्षणों को कम कर सकती हैं। इनमे से कोई भी दवा स्वयं बीमारी को रोकती नहीं है।

अतः बचाव इलाज से ज्यादा महत्वपूर्ण है अपने Brain को सदैव इस्तेमाल करते रहिये। यही मूल मंत्र है इस बीमारी से बचने का।



Menopause & Snoring



Dr. SMITA SHAH

SNORING is the elephant in the room that nobody talks about. Women often feel a sense of embarrassment and shame at snoring.

SNORING and OBSTRUCTIVE sleep apnoea (repetitive pauses in breathing during sleep) are common for upto 67 % of menopausal women.

DURING MENOPAUSE:

Little Weight Gain around the throat, slightly constrict the airways which causes snoring. decreases in hormones progesteron and estrogen that decreases muscle tone slightly, allows the throat to relax which leads to snoring.

TO KEEP AIRWAY OPEN AND STOP SNORING:

- Weight reduction – reduces fatty tissue around the neck sleep on more upright position, elevating the head of bed by 4 inches.
- Sleep on the side prevents tongue to fall back.
- Foods rich in phytoestrogens like soy products, lentils, beans, linseed, fruit and vegetables can boost esterogen production.
- Avoid heavy meal and dairy products at late night.
- Snoring can be a side effect of sleeping pill or sedatives.
- If sinus problems, nasal polyps or dns then treat first.
- Aids like nasal strips and mouth guards.
- Use of cpap machine, procedurs like palatal implants, uvulopalato pharyngoplasty and radio frequency tissue ablaton helps in reducing snoring.

By unpacking and analysing the last taboo of women and snoring, couples can find better ways to navigate through their sleepless nights, with their dignity and mutual respect still intact, and both sides of the bed still warm and occupied.

MENOPAUSE & ANGER ON HUSBAND



DR. ARCHANA M DWIVEDI

Behind every menopausal woman stands a man who has no idea what he did wrong. **LEAVE IT OR TAKE IT?**

Hey there I m hot, red hot with anger and who else be my sandbag than you my dear husband. Menopause yes it changes her.



Anger is a reflection of realities burn out, loss of femininity, passion killer, hot flashes, lack of sleep unstable moods and family avoids her for their comfort.

Less estrogen, less serotonin, a mood elevator in brain so more mood swings. Remember it's not she it's the hormones and lack of **TENDER LOVING CARE**, O dear husband my sandbag.

Let's age gracefully as a couple here I have some tips to help me and your role dear husband

1. be supportive
2. make it easy for her to talk n share
3. be a careful listener and engage at deep personal level
4. quality time ,exercise together, roam & cuddle often
5. divert energy to healthy lifestyle

Help before its too late . It's the crisis time ,evoking vulnerability, emotional scarring, preventing her to live full potential life.

May your tender loving care and your unstoppable compliments help her sail through .Things will eventually take a U turn and wife appreciating loving you more than ever.

EMOTIONAL INSTABILITY



DR. VARSHA PRAPANNA

Beware -- The Menopause fairy comes suddenly or slowly to steal your moods, sleep, patience and leaves you with emotional instability.

Menopause is a natural transition phase in a woman's life, where in hormonal fluctuations can cause unpredictable effects. Emotional instability is a changeable mood.

You can feel happy and energetic one minute , the second minute due to any trivial situations like a comment by someone or something not going as you planned can change your frame of mind, leading to sudden sometimes catastrophic drop in mood .

Along with mood changes there is extreme anxiety and irritability. Anxiety leads to anger and agitation . Emotional symptoms can disrupt your life by affecting sleep , lowering energy level and in extreme cases lead to depression .



There is a feeling of emptiness, worthlessness and hopelessness. First-hand steps to overcome this phase is to assure good quality adequate sleep , exercise (even the smallest amount helps) , self retrospection along with meditation .

Maintaining a diary, writing your feelings , working on it when you are in better mood , seek knowledge , guidance from proper personnel.

Women at Menopause have experience and confidence consider it as a time of choice to do what you really wanted to do .

Lastly relax , talk , learn and laugh about it .

It's a life transition not a disease .

Menopause Psychosis



DR. DINA SHAH

Loss of touch with reality due to decreasing levels of oestrogens which has important neuro and psycho protective activity.

Word “psycho” is associated with social stigma and myths; so should be handled carefully. As we all know, during last few decades, the life expectancy is increasing ;which means that a woman has to live one third of her life with menopause and its symptoms.

With the rise of female literacy, she now holds many important and key posts not only in the family but also in the society and work place. So, if the mental health of a woman is improper, it implies to hamper the entire society as a whole.

Predisposing factors:

Factors such as genetic predisposition, family disputes, mental trauma, stress and post partum psychosis.

Menopause psychosis: has three phases



*mental illness
doesn't define you
but we still should
talk about it.*

Prodromal phase : Characterized by vague symptoms like inability to concentrate , sleep disturbances, preference to stay alone, decreased or exaggerated reactions to trivial issues.

Episode phase : Here the symptoms of first phase are increased plus hallucinations like, voice hallucinations, tactile hallucination and visual hallucinations. Delusions ; outside forces taken control of feelings and actions. Split personality type behavior. Exaggerated response to stimuli.

Recovery phase : Here after the assistance of treatment both medical and psychological; the patient starts to recover but it may take few months or even years.

Treatment

- Medication : Antipsychotic drugs with or without hormones can be given.
- With medication counseling is very important , one to one or in group and in presence of family member or some loved one has the key role in treatment.
- Therapeutic value of art is newer concept with the help of painting , music, dance, photography, poetry etc.
- Exploring the hidden expression and thus treating the entity is required in most cases.
- As prevention is better than cure ; with the help of knowledge and awareness of the society ; the symptoms can be picked up early and treated.
- Family members` help is the most important to provide her a joyfull and good quality life ahead.



Menopause and difficulty in concentration



DR. Neelu Mishra

An introduction to difficulty in concentration and the menopause

Many menopausal women find that they have difficulty in concentration. It is a tricky symptom to define and understand, as usually its signals and signs are subtle. Women experiencing the problem feel that they have more difficulty than usual focussing on a task, are more likely to forget simple things such as the time of an appointment, and generally feel as if they have a foggy mind. This is frustrating for many women, and for those around them, particularly when concentration has never been a problem before. Many women also worry that it is the first indication of a long-term memory condition such as Alzheimer's Disease. In the majority of cases this is not so, and the symptom resolves once they're through the menopause.

Why does menopause cause concentration difficulties?

A menopausal woman may find that she has difficulty concentrating for a host of reasons and often the exact cause is unclear. Hormonal fluctuation is often accredited with much of the blame. This is because the hormones have a strong link with neurotransmitters in the brain, and so when hormonal levels are low, brain function can be affected in subtle ways. These hormones, particularly oestrogen, also encourage blood flow in the brain to keep it functioning at its optimum. The menopause can also cause you to have difficulty sleeping. Not being able to sleep at night has a significant negative impact on your ability to concentrate the next day. If you have an ongoing sleep problem, chances are high that you will develop concentration issues during the day. Stress also plays an important role in concentration levels. Stress levels in menopausal women are known to be higher. This takes up a lot of mental energy, leaving less ability to concentrate. By learning how to handle or decrease stress, you may find that you are able to concentrate better again.

What home remedies are there for concentration difficulties?

As there is no clear reason why the menopause makes concentration difficult, finding a solution can be problematic. However, there is a variety of home remedies

that you could implement to boost your concentration. Be careful what you eat and drink – some foods, such as fish, soy and fruit and vegetables are shown to improve mental function. Other foods such as those containing refined sugar or caffeine can have the opposite effect to that which

you desire. Drinking plenty of water is vital for hydrating the brain, and reducing your alcohol intake will go a long way towards improving your mental function.

Take food supplements – there are some supplements which are thought to improve mental function.

Examples are Vitamin B or soya is of flavones Keep your brain active – mind games such as Sudoku and crosswords prevent your brain from becoming lazy. It stimulates new connections in the brain and should help you improve concentration levels.

Get a good night's sleep – it is vital to sleep well at night. If you are tired during the day your ability to concentrate will rapidly decrease

Stress less – while this is easier said than done, being able to remove stress during your day will help you sleep better at night and be one less thing to worry about during the day. Regular exercise can help reduce stress and improve sleep quality.



Role of Dance & Exercise in Relieving Mental Stress



DR. BINAL SHAH

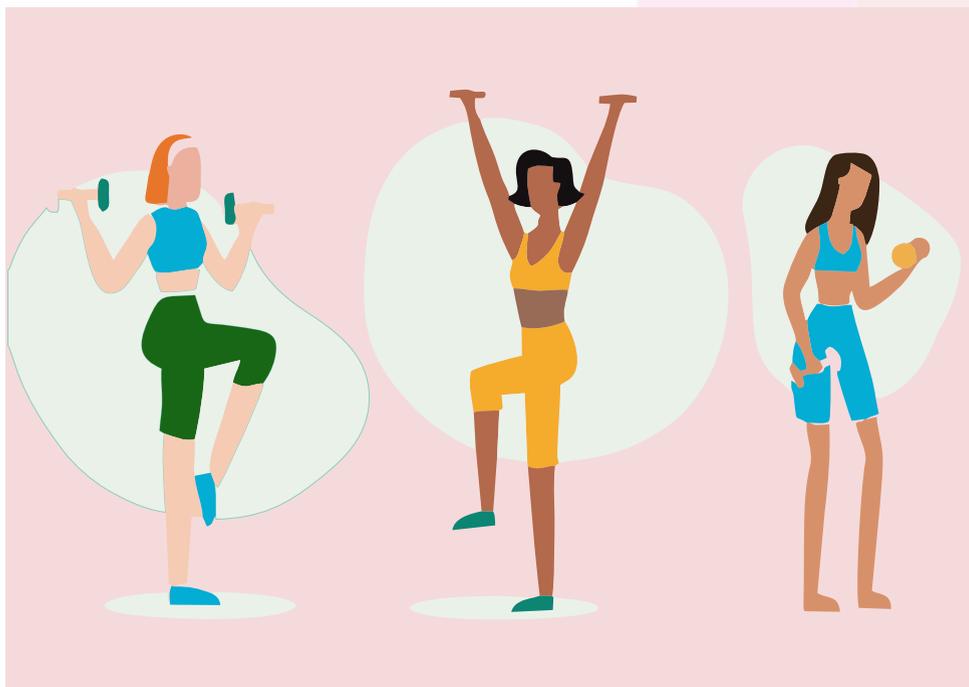
We know regular exercise can improve physical health by cardiovascular conditioning, muscle strength, bone health, flexibility, weight loss & management while having tremendous mental benefits. Dance & exercise lead to holistic health and better life.

● **MENTAL BENEFITS OF EXERCISE AND DANCE ARE:**

- **REDUCE STRESS** – rough day? Take a walk. Exercise increases concentration of norepinephrine, chemical that moderates brain's response to stress. So go ahead and get sweaty!
- **BOOST HAPPY HORMONES** - Exercise releases endorphins- serotonin & dopamine, resulting in happiness. Studies show that exercise can alleviate depression and anxiety. Working out for just 30 minutes, regularly can boost overall mood. Dopamine also helps control addiction.
- **IMPROVE SELF-CONFIDENCE** Hop on the treadmill to look (and, feel) like a million bucks. Physical fitness can boost self-esteem and improve positive self-image. Exercise can elevate your perception of your self-worth.
- **ENJOY THE GREAT OUTDOORS** - a little fresh air, sunshine and exercise can work wonders for you. Outdoor activities are close to nature, and vitamin D can lessen depressive symptoms
- **PREVENT COGNITIVE DECLINE** – unpleasant but true – with ageing, our brains get hazy due to degenerative diseases. Workout boosts the chemicals in the brain that prevent this degeneration.
- **SHARPENS MEMORY** and makes person more CREATIVE
- **INCREASES RELAXATION** - helps with more restful sleep and in re-establishing circadian rhythm.

- **YOGA** improves flexibility, and has calming effect on mind by reducing irritability and mood swings.
GET MORE DONE people who exercise consistently are more productive than sedentary people. Group workouts are a great choice!
- **DANCE** A creative way of self-expression. Music ‘stimulates the brain’s rewards centers and dancing activates its sensory and motor circuits’. Dance boosts cognitive performance. Remembering steps challenges your brain and coordination. Dance helps focus on moving your body and connecting to your breath. It disconnects you from your problems giving you a chance to unwind.

DANCE YOUR WAY TO A MORE POSITIVE MENOPAUSE!



“HOW TO ENJOY AND REVITALISE YOUR HIDDEN TALENTS IN MENOPAUSE”

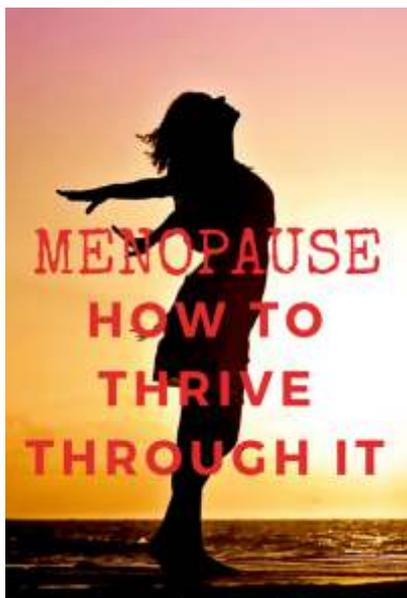


Dr. Archana Sah

The dictionary defines menopause as permanent cessation of menstruation. This definition fails to take into account the tumultuousness our mind and body go through during this time. Mood swings, feeling of a midlife depression, hopelessness, anxiety, irritability, osteoporosis, etc try to enter our lives like uninvited guests.

But Menopause is just a pause. It is a time to reflect on the years gone by and prepare yourself for the future. It is a time when we don't have to meet anyone's expectations except ourselves. We are in a comfort zone with friends and family alike.

50 is the new 30. It was for me. I took on roles I never thought myself capable of. As a medical professional, I was only seeing patients with limited



experience in the field of managing seminars, webinars and conferences. I was given a position in the Obs & Gynae society in Varanasi and it opened a door of opportunities. From a person who always second guessed herself, I became a confident woman more sure of my decisions. My fears were allayed by my life partner and kids. I danced for the first time in my life. I was a terrible cook but now I cook without worrying how it's going to turn out.

Each passing year has shown me a part of me I didn't know existed. Menopause has given me so much and more. It truly is a new beginning

MENOPAUSE & Absurd Behaviour



DR. ALKA PATEL

The hormonal changes of menopause can have a significant impact on your mood. It's ordinary to experience mood swings, sadness, and rage. Mood swings make women feel irritable, depressed, anxious, or tearful and feeling anger. These rapid mood changes are caused by shifting hormone levels.

The realities of getting older and moving into a different phase of life . in addition to the stress that lost sleep and hot flashes sometimes cause can contribute to moods that are unstable. Remember that your body is changing. Women find themselves less tolerant & irritable and more easily annoyed at things that did not bother them before. Depression is a serious emotional side effect .



Many women experience **tension, nervousness, worry, and panic attacks**. They have tendency to become more weeping over incidents that might not have mattered much before. They have Mood swings During the transition to menopause. Lifestyle changes like exercise,

diet, yoga, meditation, enough sleep, and pursuing supportive friendships help women with the emotional aspects of the transition into menopause. Being active helps relieve stress, improves mood, **antidepressants** with proper counselling may be helpful for women having depression.

मेनोपॉज और स्लीप-डिसॉर्डर



DR. ANJU SONI

मेनोपॉज के बाद सेक्स हॉर्मोन के कम हो जाने के कारण नींद न आना/अनिद्रा/ इंसोमनिया/स्लीप डिऑर्डर/एक बहुत बड़ी समस्या है। नींद को ज्यादातर लोग आलस से जोड़ कर देखते हैं, जबकि यह हमारे शरीर के लिए दवा जैसे होती है।



स्लीप डिऑर्डर, जैसे बिस्तर पर जाने के काफी देर बाद नींद आना, दिन में नींद के झटके आते रहना, बार-बार नींद का टूटना, रात में बार बार उठना, खरटि लेना, रातों में टाँगों का छटपटना, नींद में बोलना, चलना, हरकते करना, दिन भर थकावट, आंखों के नीचे डार्क सर्कल हो जाना और एकाग्रता में कमी आना।

नींद ना पूरी होने का नतीजा मधुमेह, हाई ब्लड प्रेशर और मोटापा एवं याददास्त भी कमजोर होती है, इसके अलावा देर से खाना, अकेलापन, घंटों भूखे रहना, इंटरनेट, टीवी, चाय और कॉफी, शराब, सिगरेट न ले।

उपाय

रात को नहाकर हल्के आरामदायक कपड़े पहने, बेडरूम को ठंडा रखे, वजन को कंट्रोल रखे, रोज के कैलोरी कम करे और रोज २०-३० मिनट तक व्यायाम भी जरूर करे।

अगर फिर भी रिलीफ नहीं मिले तो डॉक्टर की सलाह पर अनिद्रा के लिए स्लीप मेडीकेशन की दवाईया भी दी जाती है।

MENOPAUSE & Mental Breakdown



DR. CHAITALI PATEL

Nervous breakdown (also called mental breakdown), is a term that describes a period of extreme mental or emotional stress. The stress is so great that the person is unable to perform normal day to day activities.

A person may experience physical, psychological and behavioural symptoms while going thru mental breakdown.

Symptoms include :

- Depressive symptoms
- Anxiety
- Insomnia
- Extreme mood swings
- Panic attacks
- Paranoia
- Post traumatic stress

A person may even withdraw from family, friends and co workers.

Studies show that hormonal fluctuations and changes in estrogen levels can interact with chemicals in brain, affecting mood. During menopause, there is a constant depletion in estrogen levels which causes symptoms of emotional stress and mental breakdown.

There may also be emotional changes, such as worries about getting old, losing a family member or children leaving home, all of which in turn lead to mental breakdown in person not able to cope with these changes. The main thing in these cases is diagnosing and helping them both medically and with family support.

Most of the cases are treated by a concoction of therapies which include:

- Hormone replacement therapy
- Lifestyle changes
- Regular exercises
- Relaxation and yoga
- Identifying a support group.

Most of the women who undergo mental breakdown get withdrawn and so the family has to identify the problem and help them in all possible ways for a better outcome.



MENOPAUSE & FORGETFULNESS



DR. ALPA SHAH

Is it normal to be forgetful in menopause???

YES, DEFINITELY YES!!!

Forgetfulness in menopause or MENOFOG (The layman term) is just one of the many phases that one will pass through during menopause. It's usually very subtle, like difficulty in remembering names, birthdays, little things here and there, difficulty in concentration and focusing etc.

NOW LETS UNDERSTAND WHY....

Our brain is the target organ for the female hormones, estrogen and progesterone. Estrogen helps us remember things by speeding up the nerve transmission of messages in the brain. Progesterone, on the other hand, keeps the myelin sheath of nerve cells healthy, helping quick recalling of memory.

During menopause, there is a gradual decline in the production of estrogen and progesterone in the body and our brain tries to cope up with this changed scenario. In this process, our body shows various symptoms, Menofog being one of them. But the good news is that menofog is only a transient phenomenon, and eventually, we tend to remember the forgotten things in a while.

WAYS TO SMOOTHLY SAIL THROUGH MENOFOG....

- It's very important for women to slow down a bit during menopause. you have multi tasked and overworked your brains all these years, taken a lot of stress and anxiety, but now is the time to give it some rest and relaxation to cool down your fiery brain.
- A healthy diet, full of all the essential nutrients is a must. The brain needs a lot of Fat and Vitamin B, so make sure you take it. Keeping yourself well hydrated is absolutely essential, it prevents the brain from shrinking due to dehydration.
- Omega 3 fatty acids , as in flax seeds, does wonders to our brain and joints.
- The role of regular exercise and yoga cannot be stressed enough, they help in improving blood flow to the brain and improve the brain metabolism, resulting in significant improvement in symptoms.
- Doing brain exercises and concentration games right from perimenopausal period help in keeping our brain sharp and active, for example, crossword puzzles, card games, reading books, learning a new language etc.
- Last ,but not the least ,small things like ,maintaining a diary, keeping things in the same place every day, following a disciplined life helps in overcoming menofog.

So friends, menopause is a life transition, when we talk and laugh about it, we learn and relax. so make sure to be surrounded by like minded people and reclaim your life!!!

**WE DELIGHT IN THE BEAUTY OF A BUTTERFLY,
BUT RARELY ADMIT THE CHANGES IT HAS GONE THROUGH
TO ACHIEVE THAT BEAUTY..**

Menopause changes PERSONALITY



DR. R.K. BAXI

The years leading up to menopause certainly is a transition of hormonal levels and balance affecting a woman's body and mind. There are increasing evidences to suggest that body and mind function as one unit.

Depression, mood swings, anxiety, hot flashes and even panic attacks may occur. Be aware, monitor, make life style changes; know it is temporary and reach out to others.

Personality is a combination of physical, mental and emotional capabilities, training and limitations. "Persona" by definition is a "mask" which we unconsciously put on while dealing with others around us – a composite of physical, mental and emotional traits.

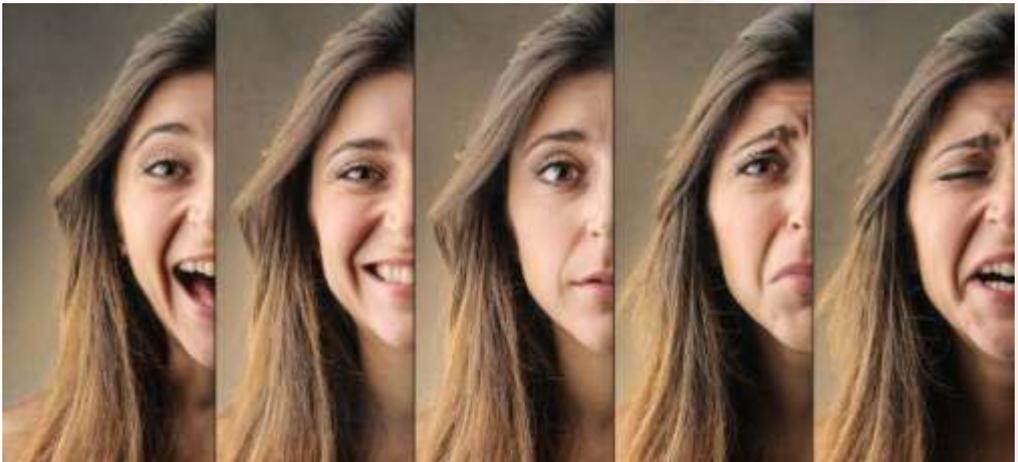
Theory of personality is a complex psychological science and a little reading about it brought me to references which inform that there may be theories of personality ranging from to 3 to 20000! And none in black and white – all are shades of grey.

Broadly speaking, personality of any major type during adolescence and youth is going to change in Menopausal period largely due to "Estrogen ebb" influencing emotions which in turn influences the mental and physical traits, capabilities and limitations.

An extrovert woman, dashing into everything, suddenly starts holding back her steps, stops enjoying center stage and prefers to think through. Or a woman who was meticulous, well organized and confidently comfortable starts doubting her own capabilities, procrastinates and ends up messing up things at home or at workplace. Or an agreeable woman with creative capability and empathetic nature, changes to the careless, at times insulting and generally not interested in others. A sea-change!

While writing about personality and menopause, I have carefully avoided some better researched areas of anxiety, depression, sleep disturbances and hot flashes leading even to panic attacks. But I must draw the attention here that any of these issues, hitherto unknown to the young woman may come up and influence her personality as well.

From the available literature and working with menopausal women, it is realized that ebbing estrogen is not all that bad! In fact, it is just a change in the station of life. Personality changes that may come up are in line with what is good for that woman. For example, going slow, giving more time to think through, consolidate on achievements etc. etc. issues dear to me are how these changes are handled by her and her immediate personal and professional surroundings.



A learning to menstruate, adolescent daughter to a mother who is learning to lose it all is an inflammable combination and both need help!

Some simple suggestions that I have for my ageing friends and colleagues are

1. Be aware of the coming changes
2. Monitor yourself well – listen to the observations made by your husband and children
3. Know that it is temporary, you are changing and changing for better!
4. Make suitable lifestyle changes
5. Reach out to others in the same boat! I suggest IMS can come up with social groups of “Hum-umra” for healthy personal exchanges.

To end I recall – *“Socho jo sahi shaam hai, anjaame shahar kyu?”*

COGNITIVE deterioration in Menopause



DR. PREETI NIRANJANA

Why is the brain impacted by Menopause? Do you know that our brain and ovaries are part of the neuroendocrine system? The brain talks to the ovaries and in turn the ovaries talk to the brain everyday in our lives as women. Hence the health of our ovaries is linked to a healthy brain.

Estrogen literally pushes neurons to burn glucose to make energy. As Estrogen declines, your neurons start slowing down and age faster. As women in midlife one should know what a cognitive function is. It's a mental process of understanding work

performance by remembering, attentive listening, judging, problem solving, imaginative planning; decision-making. Cognitive aging is physiological forgetfulness.

Few progress to Mild cognitive impairment (MCI) which is Amnesic, for example leading to forgetting names, time schedules and lack of organizational skills.

During their mid-life, women feel that the mind is playing tricks with them. So how does one deal with this phenomenon in a preventive way by maintaining a healthy lifestyle with adequate physical activity. Mental stimulation, keeping stress under control, meditation, deep breathing exercises, and treatment of any medical illness is useful during this phase. A healthy diet helps to prevent hypertension via reduced fat and sodium. Ensuring that your brain is active by continuing to learn new skills helps build the cognitive reserve and keeps deterioration away.



How best can husband support partner during MENOPAUSE



DR. SACHIN WANI

Spending time together:

Companionship and togetherness is very important. When lady of the house is going through difficult time, please don't leave her alone. She may not be able to clearly tell you how much she wants you to be there, but one should understand the need here. It is a very common observation in society that men seek activities they like doing. Children are in their own world and lady is left to no one in particular. Whole family or at least husband wife should find activities which are common interest to both. Your days and weeks should be filled with rituals in which both of you are together. It can be as simple as having morning tea together, going for a walk together.

Understanding needs and pamper:

When your partner is going through menopause, understanding is utmost important. Some women sail through menopause with few symptoms, but most experience varying degrees of mood swings, hot flashes, sleep disturbances, and other unpleasant sensations. Be sensitive to what your partner is going through. Help her cope with the discomforts. Look for the ways to help minimize her discomforts. Bring her favorite ice-cream, watch a comedy movie together, tell her jokes, do whatever boosts her mood. Pamper her more often. Give one or two compliments. Help her improve her self image, remind her that she looks great. Suggest a date night, a leisurely dinner outside, only you two. Or even just an evening on the couch with some movie or playing cards. What if she declines your offers? Don't push it. Eventually, you will get points just for trying to be a good partner.

Don't take it too personally:

You need to understand that, your partners distress over her body, lack of libido and her discomfort is not about you. Her comments might be directed towards you but it's the hormones talking. Don't think your relationship is falling apart or that she doesn't love you anymore.

Be patient in bedroom:

Many women would lose interest in sex during menopause. Due to hormonal changes her libido may decline to very low. Sex sometimes is a very sore spot for a woman going through menopause. If your partner just isn't in the mood, don't press the issue. And please don't make the issue. Don't compare with some other times when you used to have great sex. The bottom line is, be patient. Most women's libido usually revives after menopause is complete.

Know what to expect:

Men educate yourself. Read and learn about menopause. Try to understand the symptoms, hormonal changes, behavioral changes and everything about it. It is not that your partner is going through it alone. Look at it as if both of you are going through menopause. By viewing it as a joint problem, you both will be able to cope up with menopause in a better way.

What not to say to your partner who is going through menopause?

For god's sake please don't keep telling her that she is passing through menopause. Nobody likes being told repeatedly. Don't tell her that it's in her head, because it's not. There is actually very scientific basis behind menopause and its effects on women's body and mind. If you don't know keep your mouth shut. Don't bring subjects of weight gain, mood swings, and other unpleasant sensations when you are talking. Be wise to know what to talk and what not to talk!

Know when it's serious, seek help:

If your partner is completely withdrawn from day to day activities and she seems extremely miserable or depressed, get medical help. Consult your gynecologist. Depression can be serious condition which may not get better without medical help. You should back her and take medical help in case your partner is unable to see reality and has no insight about her condition.

Happy Togetherness!

ਰਜੋਨਵਿਰਤੀ ਉਦਾਸੀ

MENOPAUSE depression



DR. DARSHANJOT KAUR

ਔਰਤ ਦੀ ਜ਼ਿੰਦਗੀ ਦੇ ਕਈ ਪੜਾਅ ਹਨ। ਹਰ ਪੜਾਅ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਵੀ ਅਲੱਗ ਹਨ। ਰਜੋਨਵਿਰਤੀ ਦੇ ਪੜਾਅ ਉੱਤੇ ਵੀ ਅਸਧਾਰਨ ਲੱਛਣ ਆਦੇ ਹਨ, ਜਿਨ੍ਹਾਂ ਵਿਚ ਉਦਾਸੀ ਵੀ ਇਕ ਹੈ। ੮ ਤੋਂ ੧੫ ਫੀਸਦੀ ਔਰਤਾਂ ਉਦਾਸੀ ਦਾ ਸ਼ਿਕਾਰ ਹੋ ਸਕਦੀਆਂ ਹਨ।

ਕਾਰਨ :

- ਹਾਰਮੋਨਾਂ ਦਾ ਉਤਰਾਅ ਚੜਾਅ ।
- ਬੱਚੇ ਘਰੋਂ ਦੂਰ ਚਲੇ ਜਾਂਦੇ ਹਨ। ਅਪਨੇ ਪ੍ਰੀਵਾਰ ਵਿਚ ਮਸਤ ਹੋ ਜਾਂਦੇ ਹਨ। {ਖਾਲੀ ਆਲੁਣਾ ਲੱਛਣ ਸਮੂਹ (empty nest syndrome)}
- ਰੁਝੇਵੇਂ ਘੱਟਣ ਨਾਲ ਵਿਹਲਾ ਸਮਾਂ ਅਤੇ ਇਕੱਲਾਪਨ।
- ਮੀਨੋਪਾਜ਼ ਦੇ ਹੋਰ ਲੱਛਣ ਜਿਵੇਂ ਨੀਂਦ ਨਾ ਆਣਾ, ਠੰਡੀਆਂ ਤੁਲੀਆਂ, ਬੇਉਮੀਦੀ, ਚਿੜਚਿੜਾਪਨ ਅਤੇ ਅਪਨੇ ਆਪ ਨੂੰ ਨਿਕੰਮਾਂ ਸਮਝਣਾ ਆਦਿ ਨਾਲ ਵੀ ਉਦਾਸੀ ਹੁੰਦੀ ਹੈ।

ਲੱਛਣਾਂ ਦੀ ਤੀਬਰਤਾ ਜ਼ਿਆਦਾ ਹੁੰਦੀ ਹੈ ਜੇ :

- ਪਤੀ ਦੀ ਮੌਤ ਹੋ ਜਾਵੇ।
- ਕੋਈ ਸਰੀਰਕ ਬੀਮਾਰੀ ਹੋਵੇ।
- ਪਹਿਲਾਂ ਕਦੇ ਉਦਾਸੀ ਦੀ ਬੀਮਾਰੀ ਹੋਈ ਹੋਵੇ।

ਲੱਛਣਾਂ ਨਾਲ ਨਜਿੱਠਣ ਲਈ ਧਿਆਨ ਦੇਣਯੋਗ ਨੁਕਤੇ : ਸਮੇਂ ਨਾਲ ਲੱਛਣ ਘਟਦੇ ਜਾਂਦੇ ਹਨ ਅਤੇ ਸਭ ਕੁਝ ਸੁਭਾਵਕ ਹੋ ਜਾਂਦਾ ਹੈ:

- ਸਾਰਥਕ ਸੋਚਨੀ।
- ਸਾਰਥਿਕ ਰੁਝੇਵੇਂ।
- ਮਨੋਰੰਜਕ ਗਤੀਵਿਧੀਆਂ।
- ਮੀਨੋਪਾਜ਼ ਦੇ ਲੱਛਣਾਂ ਦੀ ਜਾਣਕਾਰੀ।
- ਮਾਨਸਕ ਤੌਰ ਤੇ ਤਿਆਰ ਰਹਿਣਾ।
- ਯੋਗ।
- ਕਸਰਤ;
- ਪੂਰਕਾਂ ਦਾ ਸੇਵਨ।

ਮਨੋਚਿਕਿਤਸਾ ਦੀ ਲੋੜ ਕਦੋਂ:

- ਲੱਛਣ ਬਹੁਤ ਤੀਬਰ ।
 - ਜਾਂ ਦੋ ਹਫ਼ਤਿਆਂ ਤੋਂ ਵਧੀਕ ਸਮਾਂ ਲਗਾਤਾਰ ਰਹਿਣ।
 - ਜੇ ਰੋਜ਼ਾਨਾ ਜ਼ਿੰਦਗੀ ਉੱਤੇ ਮਾੜਾ ਅਸਰ ਪਵੇ।
 - ਜੇ ਆਤਮ ਹੱਤਿਆ ਦੇ ਵਿਚਾਰ ਆਣ ।
- ਸਮੇਂ ਸਿਰ ਉਚਿਤ ਕਦਮ ਉਠਾਣਾ ਮਹੱਤਵਪੂਰਨ ਹੈ।



Empty Nest Syndrome



DR. SHWETA SINGH

In simple words, empty nest syndrome is equal to emptiness. It's an emotional transition felt as grief or loneliness by parents whose children move out from home for any reason like further study or career or marriage, Though it is a moment of happiness regarding the growth of their children, sometimes it becomes challenging to accept the situation. It becomes unbearable especially when they leave at the time of menopause when a women is already passing through the turmoil of emotional disturbances with high and low tides of hormones.



Everyone knows that baby birds have to leave their nest once their wings are strong enough to support the flight. Although it is difficult to accept this truth of life, which can result in a loss of purpose for many parents, now they can make new adjustments in their life. The available

spare time can bring a couple more closer. It is ok to cry or share emotions with a close one. Discussing grief with friends, family, or professionals can help to relieve stress.

Engaging oneself in some social activities also helps a lot. It is marvelous time to be with oneself, to pursue unfilled dreams or hobbies of childhood.

Is Gossiping a Stress Buster



DR. TARU CHHAYA

Stress buster is that subject which is designed to alleviate stress. With the brutal second wave of the Corona pandemic hitting us, stress levels have skyrocketed and to overcome that is a must for our mental well being.

We have had television as an age old stress buster, which is currently loaded with depressing and saddening news headlines adding to the stress and definitely not helping us 'De-stree'.

If we follow the new modern, High tech Guru.... Google baba.... destressors are many, ranging from Sipping Green tea to listening to the Sound of Waves at bed time blah blah.

But still, when two people gossip at a stretch about all the possible topics under the sun and end it up with "Chhado na, Sanu ki!!", they feel the magnificent surge endorphins leading to euphoria and a connection of trust with each other. An invisible string of bond develops which keeps them connected and happy. "Psychoneuroendocrinology" also states the same.

Although gossiping is socially unacceptable but who wouldn't mind having Oxytocin - A LOVE DRUG shot. Believe it or not, it has been scientifically proven that gossiping is THAT SHOT.

However, one should keep in mind that "Words once spoken cannot be taken back". In the process of getting endorphinized, we shouldn't affect people and their personal or professional lives. Negative gossip is like a boomerang, beware. What goes around, comes around.

Utilize "Healthy gossiping" to maintain sanity, to improve inter-relationships and group bonding while maintaining social distance in today's unstable times.

Healthy Gossiping has its own positive IMPACT, When we keep each other's Space bubble INTACT.

Menopause & Sleep disorders



DR. SUSHAMA BAXI

Childhood, adulthood and then old age are the phases of life through which each and every human being passes. Women has an additional responsibility of reproduction and child birth. Hormonal changes which occur in the life of women are profound.

Sleep is nutrition and rejuvenation for mind and body. Good sleep is essential for health. As per the data of national sleep foundation 61% of peri and postmenopausal women do suffer from sleep disorders. Old age and insomnia have known association and it is disturbing too.

We all are aware that perimenopause is a transition of phase of life where there is gradual reduction in oestrogen and progesterone levels. Many females do suffer from hot flashes and excessive sweating during this period typically at night. This leads to sleepless nights and mental-physical fatigue later. Chronic insomnia has a basis for metabolic disorders and even increase in cardiac risk.

Some people might have their sleep disturbed by their bed partner's problems and habits, such as tossing and turning, snoring, involuntary movements (e.g., restless leg syndrome or periodic limb movements of sleep). Other reasons which lead to sleep disturbances are sleep apnoea due to obesity, urinary incontinence, nocturia and Alzheimer disease etc.

**Self-care is how
you take your
power back.**



WHAT SHOULD BE DONE?

It is necessary to visit your doctor for sleep disturbance. Complete check-up is a must. Hormone therapy can help in hot flashes and sweating and your doctor may prescribe it to you. Other treatment depends upon the cause which leads to sleep disturbance.

In addition to medication, the following tips might keep you cooler at night and help you sleep better without the use of hormones:

- Wear loose clothing to bed. Clothing made of natural fibres, like cotton, is usually best.
- Keep your bedroom cool and well-ventilated.
- Avoid certain foods such as spicy foods, or late and heavy meal especially right before bed.
- Other practices that may ease sleep problems during menopause include,
- Early to bed and early to rise is a good practice to follow.
- Exercise regularly but not right before sleep.
- avoid excessive caffeine
- as far as possible avoid naps during the day.
- always be in touch with your doctor.
- always empty your bladder before bed.
- do not drink too much water before going to bed.

Good sleep is a topic that is often neglected, but it is a very important aspect of our everyday life. So sleep well and stay well.





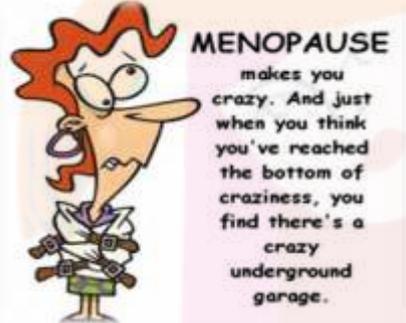
DR. SUDHAA SHARMA

Menopause and the crazy behavior



DR. PALLAVI SHARMA

Uma aged 45 years; a banker by profession had been a very calm and composed woman, managing her workplace and home very efficiently. One fine day she shouted badly at a customer who would not stop with his queries and the same evening she couldn't resist her anger when she saw her domestic help being a little messy in the kitchen. After a series of similar events of unusual behavior she decided to take professional help. On a detailed chat she was explained about the effect of her declining reproductive hormones on her body and mind. The meeting proved to be of tremendous help to her. Many like Uma are sailing in the same boat. Menopause can be one crazy ride but it can be managed with few smart moves and alterations.



Chill out ladies, enjoy this phase of farewell to your reproductive hormones and welcome the change gracefully. Pull your hair or shout like crazy, it's okay to express yourself at times. The good part is that this condition is very well understood and can be managed very well with or without professional help, well everyone knows '**google guru**' or '**you tube baba**' nowadays.

While many women may feel they are above their struggles, there are plenty of lifestyle changes and other remedies that may help easing off the menace of mental anguish. Controlling anger changing basic approach to handling the '**sass bahu**' or other issues, focusing on priorities, practicing mindfulness and meditation would be helpful. Talking to that best '**saheli**' and taking help from support groups could be of great help. Increasing awareness and sharing experiences can ease the pain of a horrifying frustration into a graceful adoption. Talk about your issues since each woman matters, you matter!

Due to craziness beyond my control, my butler and maid have resigned.

Hence, I consider my alone time is for everyone's safety.

DEMENTIA IN MENOPAUSE



DR. MAYA MODI

MENOPAUSE DOES NOT CAUSE DEMENTIA unless genetic. Majority of dementia are not inherited by children and grandchildren. In rarer types of dementia there may be a strong genetic link, but these are only a tiny proportion. It is pseudo dementia and extension of depression

Definition: Dementia is a protective response to wide variety of insults to the brain, inflammation, insulin resistance, toxins, infections, inadequate levels of nutrients and or hormone deficiency at that time.

As the body Levels of Estrogen Drops before and during menopause, oestrogen can no longer participate in brain function as it normally had. This can cause occasional lapses in brain function, resulting in short term memory loss.

Incidence: females who went through menopause before the age of 47yrs, had a 19% increase in risk of Dementia, then women who went through menopause after the age of 47yrs. Total reproductive years first period to start of menopause has an effect of Dementia.

Dementia and surgical menopause: There was evidence among women undergoing surgical menopause that age at surgery is inversely associated with cognitive decline.

Hysterectomy with bilateral oophorectomy <45yrs or =45yrs has more chances of dementia.

Signs/symptom...forgetfulness, misplacing things, repetitive mode, withdrawn, daily activities affected, poor judgment, difficulty in driving.

Risk Factors: aging, increased B.P, CVS risk, Immune system, Nerve cell change, stroke, alcohol, hormonal, nutritional deficiency and vitamin –D deficiency,

Medical history: a thorough medical and family history. Routine checkups

Laboratory tests: all blood test, CBC, Urine, Liver/Lipid profile Hormone and CSF in some Cognitive testing/Brain imaging: thinking/memory/attention/language/problem solving.

Psychiatry assessment, talking to friends relatives

Treatment: Plan the activities. Don't turn to "Hormone Replacement" Dumas advised. "There's no good evidence that it benefits the brain she said." Instead she recommended regular physical activity.

It is not clear exercise specially clears the fog of menopause Dumas noted. But she said studies of older adults have found that regular exercise has positive effect on brain activities and mental activities

Don't run a marathon: go slow as exercise has multiple benefits... strength, energy, oxygenation, balance, improves behavior, motor skill improvement, less aggressive, better communication.

"Practice 4 langanam paramashadam" breathing and engage in music learning Take help of the family members to help recover. Ask them to be patient and try and teach new skill ever day.

"Always remember better to be healthy, don't invite diseases."

"Those with dementia are still people, and they still have stories and they are all individuals and they are all unique. And they just need to be interacted with on a human level." By Carey Mulligan"



Hope is something which keeps us going....