

Poise

A Publication of Indian Menopause Society

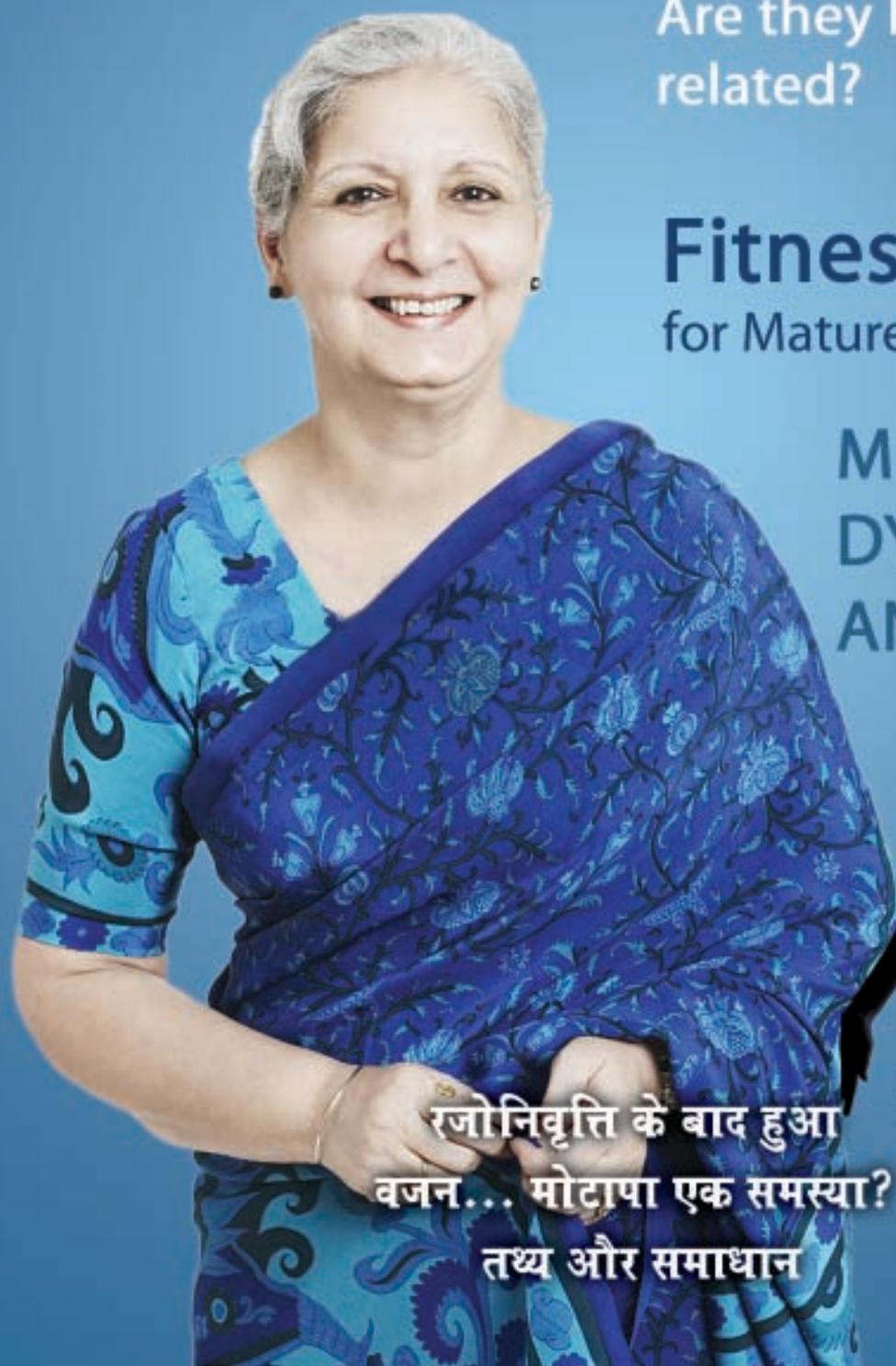
2nd Issue
July - Aug 2009 • Rs.10

"MIDLIFE BLUES"

Are they hormone
related?

Fitness tips
for Mature Woman

MENSTRUAL
DYSFUNCTION
AND AGEING



रजोनिवृत्ति के बाद हुआ
वजन... मोटापा एक समस्या?
तथ्य और समाधान



Indian
Menopause Society



From the President's Desk

This magazine is our Endeavour to bring to all of you a message from the Indian Menopause Society that women of all ages are very precious and need to look after themselves. The mature woman has a larger role to play in the family and the society, so she must be fit, graceful and full of "POISE"! There is a great need for women to learn about chronic diseases at this age and also the preventive measures that can be taken. Through our magazine and our clubs in the different chapters, the society is trying to create awareness. We hope you will appreciate our efforts and join us in this movement.

Happy reading

Dr. Sunila Khandelwal



From the Editor's Desk

Age has been described differently by different people, thus reflecting their inner feelings towards this inevitable process.

"Middle age is when your age starts to show around your middle".

~ Bob Hope

"Thirty-five is when you finally get your head together and your body starts falling apart".

~ Caryn Leschen

"Forty is the old age of youth; fifty the youth of old age".

~ Victor Hugo

"There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt".

~ Author Unknown

Maturity, grace and poise are signs of aging beautifully. The Indian Menopause Society is a non-profit organization committed to the care of the aging woman. Our magazine, POISE is dedicated to the forty plus women of our country who have been so busy with their families that they have had no time to themselves. We hope this journal will help some such women to discover themselves, their needs and desires so that they are POISED to take on the new roles in life as they grow older.

This edition describes the problem of irregular or dysfunctional bleeding; all you want to know about hot flashes, both in English and Hindi, contains a prescription for exercise and brings you some mango recipes.

I hope you enjoy this issue. We look forward to hearing from you.


(Dr. Sonia Malik)

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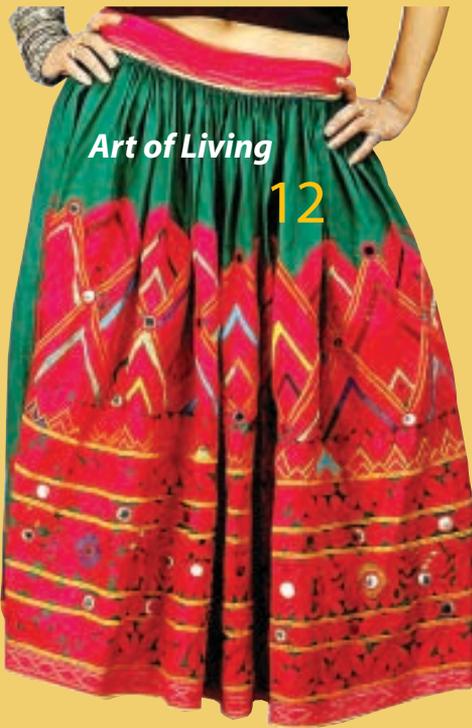
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Menstrual Dysfunction and AGEING

By Dr. Preeti D. Galvankar



Menstrual irregularities are known to occur at all ages of reproductive life in women from menarche (onset of menses) to menopause (cessation of menses). A normal menstrual period ranges from 25 to 35 days with bleeding for 4 to 6 days and menstrual blood loss (MBL) of 30 to 50 ml.

- The median length of menstrual cycle varies at the extremes of reproductive life i.e. following menarche and preceding menopause. Immediately after menarche, the menstrual cycles are often prolonged and unpredictable due to poor functioning of ovaries and immaturity of pituitary gland but the cycles regularize by the age of 18-20 years.
- In child-bearing age (20 to 35 years) the menstrual cycles are generally regular, except for a few months after abortion or delivery (lactational period).
- In the late reproductive years, the menstrual irregularity is more common and it heralds the beginning of perimenopause.
- The menstrual irregularity at perimenopause is the result of physiologic reduction or depletion of healthy oocytes (ovarian eggs). The remaining oocytes of the ovary are of lesser competence and cannot sustain the normal hormone balance. In most women this menstrual dysfunction continues till menopause (complete cessation of menses). In the perimenopause period, the previously regular periods tend to become irregular with changes in intermenstrual lengths. The perimenopause is divided into two phases:
 - **Early perimenopause** – The menstrual cycles may be short or prolonged.
 - **Late perimenopause** – Characterized by lengthened intermenstrual periods, resulting in prolonged and irregular menstrual cycles. In some women, the menstrual bleeding may be prolonged and heavy requiring immediate medical attention.

The normal cyclic periods are the result of normal balance between estrogen and progesterone (ovarian hormones). In the perimenopause, disruption of normal hormonal sequence results in erratic response of the endometrium (inner lining of uterine cavity). In most perimenopausal women ovary is the major source of estrogen production. However, in obese women the excess of adipose (fat) tissue also produces high amount of estrogen. The unopposed estrogen action can cause excessive thickening of endometrium resulting into irregular and heavy bleeding. Some of the changes in the endometrium may have malignant potential. Other Structural changes like uterine fibroids, polyps, adenomyosis, ovarian tumours and pelvic infections can also cause irregular and heavy menstrual bleeding.



The menstrual dysfunctions at perimenopause are of different types:

- Regular periods with excessive cyclic bleeding
- Short menstrual periods with normal or excessive bleeding
- Infrequent and delayed periods with normal or excessive and prolonged bleeding
- Irregular and non-cyclic prolonged periods with scanty or excessive bleeding

Management of Menstrual Dysfunction

The cause of menstrual irregularity should be determined with proper non-invasive and invasive techniques such as clinical examination, ultrasonography, hysteroscopy, endometrial biopsy and blood investigations. The aim of treatment should be reducing the amount of menstrual blood loss, regularize the menstrual periods and treat the hyperplasia (thickening) of endometrium. The medical or conservative management should be the first choice of therapy, in the form of non-hormonal or hormonal agents. The non-hormonal medical therapy is effective in controlling severe bleeding episodes, but not effective to regularize the menstrual periods. The endometrial hyperplasia responds better to hormones.

The commonly used hormone therapy includes:

- Progestational agents
- Low-dose monophasic oral contraceptive (OC) pills, or
- Progestational intra-uterine device (IUD)

The surgical management should be reserved for those women who do not respond or non-compliant to medical therapy or those with structural disorders of genital organs. Associated medical disorders like thyroid dysfunction, diabetes mellitus, pelvic infections should be ruled out. Iron-deficiency, anemia is a very common nutritional disorder in Indian women and menstrual dysfunction further aggravates this deficiency. Therefore, needs to be treated simultaneously.



KEY POINTS

1. Menstrual irregularity commonly occurs as age advances and responds to medical treatment in most cases.
2. Laboratory and imaging investigations are necessary to determine the cause of menstrual dysfunction.
3. Endometrial biopsy is indicated to rule out the possibility of hyperplasia, and endometrial cancer and precancerous condition.
4. The menstrual periods at perimenopause are generally anovulatory, but occasional ovulation may result in unplanned and unwanted pregnancy.
5. Incidence of hypothyroidism increases with advancing age. Hence, regular thyroid screening is recommended.
6. Healthy life style changes recommended for prevention of metabolic syndrome (Obesity, Diabetes Mellitus and Dyslipidemia).

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Samachar IMS Se...

CLUB 35+ AGRA

The concept of IMS clubs was conceived by Dr Jaideep Malhotra, Chapter Secretary, Agra with the help of her NGO SMRITI in 2007. The club is now 250 members strong and holds monthly meetings on various health issues along with health camps. It also spreads awareness about social causes like female feticide. The idea of having such clubs all across the country has caught on and IMS now has such clubs all across its chapters. We applaud the efforts of Dr Jaideep for giving us this wonderful concept. If you wish to join us, contact the chapter secretary of your town for more activities or log on to our website www.indianmenopausesociety.org.



On International Womens Day, Dr. Sunila Khandelwal, President IMS introduced the concept of the women's magazine to the ladies of FICCI at their congress at Jaipur. The magazine was distributed to the members. The magazine was officially released at Gwalior with the opening of 29th Chapter of the Indian Menopause Society. The magazine was appreciated by many ladies all across the country and hence it was decided to make it a regular two monthly feature.

Dr. Manindar Ahuja demonstrated various exercises with the active participation of the audience. About 250 members attended this workshop.

This club now has 450 members



SURAT

A workshop on exercise "Health Insurance through Exercise" was arranged under the banner of Club 35+ - IMS Surat Chapter, on Saturday 27th June 2009.



NAVI MUMBAI



Fortis Hiranandani Hospital, Vashi, inaugurated The Menopause Clinic on 21st June.

The inauguration was done by Dr.

Anklesaria (past President IMS) and Dr. Mahesh Kant, Medical Director, Fortis.

This Specialty Clinic will be run by Dr. Mandakini Parihar, Dr. Bharati Moery, Dr. Sucheta Kinjawadekar, Dr. Bindhu K.

S. and Dr. Anu Vij, all of who are members of IMS Navi Mumbai Chapter

This will be a daily clinic catering to all needs of the 40+ who are entering THE CHANGE.



Interview: Dr. Urvashi Jha



The meritorious bookkeeping of efficient and adept gynecologists in India is partial without mentioning Dr. Urvashi Jha, the founder secretary of Indian Menopause society (IMS), an eminent, senior consultant gynecologist at Apollo hospital. Be it her excellence in treating women patients with first-rate clinical practices & protocols or her splendid contributions to medical science, she has carved a niche for herself as a specialist in her domain. Her comprehensive experience of 37 years has paved her way to many honorable positions during her career- starting as the youngest consultant at Hinduja Hospital, Mumbai to the present Academic Co-ordinator of the Department of Gynecology at Apollo Hospital, Delhi.

Stay in UK

"I moved to Delhi in 1969 for my premedical exams and left for UK in 1987. During my six years stay in UK, I got an opportunity to work as a Menopause Clinic Registrar. It was while running this clinic, that I conceptualize the urge that women in India should be served by a multidisciplinary gynecological clinic for their menopausal affliction and complications by quality medications and services. I gave birth to my brainchild after coming back to India in 1987, initiating the first Multidisciplinary Clinic in India, a recognized pride of the Limca Book of Records- 1988-89," she narrates, while deciphering her inventiveness of IMS. In her endeavor, she was assisted by the senior members and specialists at Hinduja Hospital, Mumbai, which eventually formed a core group of designated members, registered in IMS.

Deep Concerned for Indian Women

Reflecting her deep concern for Indian women, she says, "The commonest cause of death in women has been problems during childbirth and cancers nearing menopause, with a reportedly higher incidence in rural women of India. The growing problem not only demands adequate awareness but also cost-effective medical supervision for prevention and cure, especially for underprivileged women of our country. Media and National health providers can go a long way in awareness dispersion."

Honorary Council

Presently the chairperson of Indian North Zone Coordination Committee of the Royal College and an active participant in academic activities, workshops, CMEs, lectures, courses, conferences, post graduates training... there is a multitudinous line up of social services she is involved with.

Personal Interests and Fads

Besides her distinction in professional life, she has an amazing zeal for her personal interests and fads. "I am a fun loving person and not very worldly wise. Although I have to dress up in sarees, but trousers and modern dresses have been my preferred apparels as a non-conformist to freak-out. Having inherited art and design from my father, who was an architect, I have fervor of designing jewelries including ethnic and contemporary designs. I am an animal lover and extremely fond of dogs," she says while sharing her R and R time. She was also involved with "Frendicoes," a non-government organization for animal care. Furthermore, her leisure pursuit includes photography and painting. Another extraordinary attribute is her proficiency in languages like English, Hindi, Bengali, Marathi, Urdu, Gujarati and Punjabi.

Success Formula

Revealing her modus operandi following her success, she says, "I am a very passionate person and get genuinely involved with every chore to be accomplish; this approach has been a driving force of my professional and personal life. My husband, a renowned neurosurgeon has been a great support right through. Being blessed with two children, I nurtured them as a loving parent, upholding the delicate balance of doctor and mother." Totting up her catholic achievements, she is indubitably an ideal for woman aspirants in different spheres of life, a conqueror as a professional and a homemaker.

“MIDLIFE BLUES”

Are they hormone related?

By Dr Seema Kanetkar

Middle age is that time of life when each passing day makes one feel two days older.. One doesn't look forward to celebrating ones Birthdays. Midlife is really a difficult, stressful and awkward period. One is neither old nor young and hence gets sandwiched between the two great generations and suffer from BLUES. Blues are many—irritability, lethargy, mood changes and depression top the list along with lack of sleep, confidence, motivation and libido.

“Empty Nest Syndrome” adds fuel to fire. The children going to US or for higher studies or getting married leaves a caring mother all alone in her nest to suffer. The crying spells and suicidal tendencies also hover into one's mind.

Let us understand the science of moods and redo some of the basics. **Limbic system** is the part of the brain which controls the moods, emotions and reactions, through its connections in the brain. The chemicals which are needed for smooth functioning of the brain are called **Neurotransmitters**. The two important Neurotransmitters are **Serotonin** and **Dopamine**. Both are secreted from protein derivatives called amino acids, which we consume through food in the presence of other nutrients like Calcium, Magnesium, Vitamins, Folic acids and others. Their levels directly control the secretion of neurotransmitters and hence one's MOOD.

Serotonin controls Anxiety, Depression and ultimately the mood and **Dopamine** controls memory, cognition and stress management.

In addition to Neurotransmitters, hormones also play a major role in our moods. Usually the female hormones like Oestrogens and Progesterone have a positive effect on the levels of Serotonin and hence they keep a woman happy and ultimately healthy. These effects are directly observed by a woman throughout her life. These hormone levels change drastically in three important phases in a woman's life—puberty, pregnancy and menopause and they are manifested sometimes in the form of premenstrual syndrome, puerperal psychosis and menopausal depression.

Common Depression Triggers

Episodes of depression can seemingly come out of the blue, but often, there is a recognizable trigger that spurs the feelings. Health issues can be troublesome in midlife, and worries over the health of loved ones can have an impact, too. Poorly managed stress can easily become overwhelming, and in midlife, the stressors may be plentiful. Here are a few examples...

Careers are often demanding, and they compete with family obligations, leaving middle aged people exhausted, both physically and emotionally. Tending to the needs of both children and aging parents whilst trying to remain competitive in the workplace can leave little time for those in midlife to pay attention to their own needs. However, this behavior can come at quite a cost.



LITTLE STRESS IS INDEED ESSENTIAL FOR A HEALTHY LIFE. THE QUANTITY OF STRESS IN OUR LIFE IS COMPARABLE TO THE QUANTITY OF SALT IN OUR DIET. BOTH MUST BE IN OPTIMUM QUANTITY

Unprecedented financial losses like Sensex crashing or Satyam fraud or farmers committing suicides are all the examples of financial stress.

Little stress is indeed essential for a healthy life. The quantity of stress in our life is comparable to the quantity of salt in our diet. Both must be in optimum quantity. Stress if not managed properly with cognitive abilities results in emotional overtone leading to alteration in Serotonin by increasing levels of stress hormones.

Lifestyle Choices and Depression

Regular exercise can work wonders to alleviate mild to moderate depression, so those in midlife need to be sure that they set aside time for physical activity. In addition to working out, getting sufficient sleep (but not oversleeping) can help to keep emotions on an even keel. For most adults, 7-9 hours of sleep is recommended. **Even as little as 30 minutes of walk is enough to generate necessary Serotonin levels to elevate one's moods.** Regular workout at Gym, Meditation and Yoga can help one to find moments of peace in hectic lifestyles.

Nutritious Food

Proper nutrition can not only help to insure overall health, but some foods are especially beneficial to emotional health. Diets rich in Omega 3 fatty acids like Legumes and linseed oil, whole unprocessed foods, and those high in folic acid may help ward off depression. Avoiding sweets, refined carbohydrates, and caffeine may be beneficial, as well. The protein consumption of a person is very important as all

dietary proteins are needed by the brain for its smooth functioning and synthesis of neurotransmitters.

At least 25% of total calories consumed should be in the form of first class proteins along with Calcium, Magnesium and other Vitamins. Vitamin B6, Vitamin C and Zinc are all essential good-mood nutrients. The sprouted beans like Mung, Matki, Black Gram, Rajma and Soyabean are all rich sources of natural Oestrogen like chemicals called Phytoestrogens and proteins as we all know. The foods with a low Glycemic index, which ensure a steady level of blood glucose levels, are suggested as they in turn ensure steady levels of neurotransmitters.

The association of FOOD and MOOD is very well documented in literature. The association of chocolates and romance is well recognized. Chocolates release an endorphin called "Phenylethylamine" means a neurochemical which has a feel good effect on the brain.

Exposure to light

The exposure to light does wonders. Light stimulates secretion of endogenous endorphin, a chemical which in turn increases Serotonin and also decreases stress hormones and ultimately elevate one's moods. One realizes this when one meets any bed-ridden patient who has not moved from her bed and her mood is usually foul as the patient is deprived of the positive light energy. There is tremendous difference in the exposure of light in an AC Cabin and out in the open. Exposure in AC Cabin is only 100 Lux as compared to sunny day which is 20000 Lux. Hence seasonal variations in the moods are known and especially 'winter blues' are commonly seen in Western countries with snow covered atmosphere for almost 7-8 months.

Musical Energy

The music in any form gives us a positive energy. It is a great relaxing agent and decreases stress. It is stated that special Ragas like Khamaj, Puriya and Darbari Kanada help depressed individuals a lot. Music therapy is ancient, traditional and very well documented.

Pet Set Therapy

Having a pet also relieves stress. **PET SET** therapy is well documented. SET is stress eliminating therapy. Pet gives us unconditional love and affection and one is relieved of stress through pet by way of physical contact and touch.

Best Medicine Laughter

Laughter as is rightly said is the best medicine. Laughing aloud 100 times is equivalent to 10 full minutes of workout in Gym. Laughter relieves stress and increases the levels of Serotonin the mood elevating neurotransmitter.

The best way is to accept each dawn in the dusk of your life gracefully and march with a smile on your lips. Remember that we don't stop laughing because we grow old. We grow old because we stop laughing.

Positive Thinking

The attitude of positive thinking forms the pillar of any successful individual. In this period full of economic recession, terror threats and low rainfall with summer approaching one has to learn to think positive. The optimistic outlook takes an individual to the next level. One has to cultivate and inculcate the feeling of this life being great and



one has to make most of it. With these thoughts in mind one would go forward and beyond hormones and have a "blues free" life beyond forties. I only wish to remind the readers that the art of life is to stay in rhythm with one's age, whether middle age or old age. As Victor Hugo has rightly said, "If forty is the old age of youth, fifty is the youth of old age". Age is a function of mind over matter; if you don't mind, it doesn't matter.

Mood swings, sadness, irritability, and sleep disturbances may be partially hormone related, while the changes that accompany the midlife may account for some of these feelings. Studies do show an increase in depression in midlife in both men and women, which may suggest that the triggers are more complex than merely being the result of fluctuating hormone levels.

"Youth is Green, Midlife may be Blue, Life is a palette, Take the brush, Sparkle it with colour of every hue!!"

Women above
40 years
experiencing...

- Irregular monthly periods
- Sudden rise in body temperature (hot flashes)
- Night Sweating
- Mood Swings
- Anxiety

The symptoms can be treated.
Consult your doctor to know more about the "Transition stage of life"

Menoflav
Red clover glycosides 40 mg
Power of red clover, preferred world over

Zydus
nutriva

A Real Story

By Dr Ranu Patni

Senior Consultant

Gynae and Gynae Onco-Surgery

Fortis Escorts Hospital, Jaipur



It was raining heavily outside. The old lady sitting in the wheelchair by the window had a compassionate and calm expression on her face. Water as always was having a balming effect on her mind. Suddenly, she felt thirsty. Without moving the wheelchair she bent slightly to pick up the glass of water from a side stool nearby. All of a sudden, the wheelchair slipped and she fell sideways and landed on the floor on her fractured hip! The expression on her face changed to that of agony and she shrieked. Then, she lay still because even the slightest movement would cause severe pain. She knew she had to pass one hour in this agony as her housemaid would come at 9.00 am and it was only 8.00 am now.

In that uncomfortable still position when the body could not move her mind began wandering down the memory lane. In her thoughts she went back to the small but airy and comfortable home where she had spent her childhood. She was a pampered child. Her parents had named her Tina. Her father doted on her and she spun him around her little finger to fulfill all her wishes. Her brother Monu was the more obedient of the two and would always listen to her mother who kept advising them about eating right, sleeping well and studying adequately.

Tina hated milk, vegetables and fruits. She loved chocolates, pizzas, burgers and colas. Her father always brought these for her and she had a regular habit of binging on junk food while watching television or playing computer games. Overall, it was a very happy and fulfilling childhood for her.

Little Tina grew up into a beautiful young lady. Her doting parents were now middle aged. Father had developed a cardiac problem. Mother had hypertension, borderline diabetes and had suffered from minor fractures of the ribs twice through trivial trauma. Her brother Monu was a mechanical engineer, had married and lived with their parents. His wife looked after their family well and inspite of health problems it was a very satisfying family life. Tina was studying law. She felt happier in the college than at home. Tina was never a hard working girl and her parents and home now demanded more and more care. Although Monu's wife took good care of everyone she herself was expecting a baby and therefore had her hands full most of the time.

Meanwhile Tina took a liking to a fun loving and witty colleague, Ashish. Their courtship continued for a year with their parents' approval. Ashish was an intelligent and hardworking guy. He soon found an excellent job in a big firm with bright future prospects. They married and settled down happily. Over a period of four years Tina gave birth to two children, a girl and a boy. She loved her children and doted on them just as her parents had on her. However, her health was not keeping up to the mark now. She was thirty five. She still loved to have fun, eat out and watch television but she would get tired soon. Life was very hectic. She found no time for herself. Her mother still rang up time and again and advised her to have balanced diet especially calcium rich diet and follow a regular exercise schedule. But Tina could not follow her mother's advice partly because life was too demanding and partly because she found it very difficult to change her habits now.

At the age of forty two she suddenly twisted her ankle one day and had a fracture of the heel. The doctor advised her to have herself evaluated as she was already perimenopausal and was also having irregular and heavy menstrual cycles. On evaluation, her lipids and cholesterol and lipids were deranged, her bone mineral density showed severe Osteoporosis and her ultrasound revealed bilateral cysts of the ovary and multiple small fibroids of the uterus. Even today she could hear her doctor's voice telling her "You need Abdominal hysterectomy with bilateral salpingo-oophorectomy" – the scientific jargon for removal of the uterus and ovaries!! The doctor explained to her that this further increased her risk of fractures. Because she already had a family history of Coronary Heart Disease and deranged lipid profile she was strongly recommended a change in life style, diet and medication to deal with her problems of surgical menopause, cardiac risk and osteoporosis.

Tina was now 55 years of age. Both her children were studying abroad and were brilliant in their fields. She missed them and

What is Osteoporosis?

Osteoporosis is a condition characterized by the loss of the normal density of bone, resulting in fragile bone. Osteoporosis leads to literally abnormally porous bone that is more compressible like a sponge, than dense like a brick. This disorder of the skeleton weakens the bone causing an increase in the risk for breaking bones (bone fracture).

Normal bone is composed of protein, collagen, and calcium all of which give bone its strength. Bones that are affected by osteoporosis can break (fracture) with relatively minor injury that normally would not cause a bone fracture. The fracture can be either in the form of cracking (as in a hip fracture), or collapsing (as in a compression fracture of the vertebrae of the spine). The spine, hips, and wrists are common areas of bone fractures from osteoporosis, although osteoporosis-related fractures can also occur in almost any skeletal bone.



sometimes felt sad because they would never come back to take care of their ageing parents. But she understood that children's future could not be compromised for her needs. Her husband, Ashish was healthy except for moderate hypertension which was under control through medication. He was busier than ever. He left home at 7.30am and returned at 6.00pm. She could not keep pace even with him.

She now tried to have milk twice a day, eat fruits and vegetables etc as advised by the doctor but all of it was an ordeal for her! She however developed a regular habit of walking at least half an hour everyday as it was supposed to be good for her bones as well as her heart. She took medicines regularly. When she was getting used to living healthy, eating healthy and thinking healthy at the age of 60 she felt that these were not difficult habits at all and she would have been saved a lot of agony had she listened to her mother in childhood. But it was too late now!

And then came the final blow! One day when she was walking in the park and thinking about her childhood she tripped over a stone lying in the center of the footpath. She could not get up herself and was taken to the hospital by the other joggers and walkers. She was diagnosed as having a compound

osteoporotic fracture of the left hip. She then underwent surgery for this and it took her almost three months to be able to move about in the house even in a wheelchair. Her children flew down for the initial period of her treatment but had to go back to resume their studies. Ashish took two months' leave from business. Then he too had to go back to work.

Tina employed a housemaid who was very hard working and sincere. She looked after Tina very well but she could come only from 9.00am to 6.00pm. Taking care of her own self when she was alone in the house for about one and a half hour in the morning did not seem such a difficult task at that time. But how wrong she was! Taking care of self would have been easy if she had thought about it right from childhood and led a healthy life throughout keeping in mind her risk factors. But it was not any use crying over spilt milk. She had never imagined that ignoring the seemingly unimportant things like eating right, exercising right and thinking right would lead to this gory moment in her life where she would be lying helpless on the floor and unable to get up herself!

The maid came on time and was shocked to see Tina lying on the floor in an almost semi conscious state! Gently she lifted her up to the wheelchair, wheeled her to the bed and made her lie comfortably between the sheets. In her dreamlike state Tina took a decision to start teaching girls and women to take care of their own health right from childhood to enable them to avoid a lot of pain in old age. She now firmly believed in the fact that 'Prevention is the best cure for most ailments'.

This story highlights the problems of modern life style and our carelessness towards our health! Dr Ranu Patni has very lucidly conveyed to you –the readers the importance of a healthy lifestyle!



Art of Living

By Shilpi Shukla and Monica Swaroop

Be it rustic toys to chic junk jewellery or à la mode home décor accessories to fashioning your wardrobe with Kutchi bharat embroidery, beadwork or ajrakh printing, Kutch handicraft repertoire has for centuries showcased the glorious artistic legacy and rich craft culture of India.

Aari bharat embroidery, bandhani tie and dye, gold and silver ware, lacquerware, pottery, ajrakh printing, beadwork, iron bell (kharaki), patchwork, weaving, paintings, wood carvings, leather work, clay relief wall decoration... the range of Kutch handicrafts is as diverse as the country's cultural diversity.

"Displaying an interesting riot of colours, exotic textures, intricate designs, and an eclectic variety, I am sure the pleasing array of Kutch artifacts has something of interest for one and all – young and old, men and women, Indians and Foreigners," asserts Nitika Batra, a jewellery designer.

Women hailing from the parched, remote and arid land of Kutch would have spent their lives in anonymity, never having seen the light of urban India had it not been for their venerable craftsmanship. Serving as bread and butter for many families, this artistry has enabled many skilled Kutchi

women display their fine and ingenious craftwork on a national platform and win several state and national-level awards.

The markets of Gujarat are replete with Kutch works of art. The Kutch Mahotsava is world-famous for its wonderful Kutchi range. Nonetheless, Kutch craft aficionados also find a huge market for these beautiful artifacts in Delhi at Janpath. For years, many Kutchi women have been proudly earning a good living through selling their object d'arts in this Delhi market.

"I have been in this business for almost 25 years now. My ajrakh, batik and rogan print cushion covers, bedsheets, kurtas and dupattas are quite in demand among foreign tourists," says Kalindi, a road-side vendor at Janpath.

Many of these women are illiterate but can converse fluently in English, Hindi and Gujarati. "To be able to converse well with foreigners is the need of our job. I don't know how, but



KUTCH CRAFT AFICIONADOS ALSO FIND A HUGE MARKET FOR THESE BEAUTIFUL ARTIFACTS IN DELHI AT JANPATH. FOR YEARS, MANY KUTCHI WOMEN HAVE BEEN PROUDLY EARNING A GOOD LIVING THROUGH SELLING THEIR OBJECT D'ARTS IN THIS DELHI MARKET



Poise



we just pick up the language smoothly in sometime," says Rohini, an illiterate womanseller, on being asked how she understands English.

One can bargain for great steals from these local roadside stalls. "Still, we are able to make a good earning every day. The best part is that because we deal with the customers directly, we are not robbed of our dues by middle-men or big exporters," says Kalindi. Roopa Parmar, who moved to the capital some 30 years ago, says, "After my husband's death, it was my art that helped me marry off my two daughters. Their husbands are also in the same trade. Today, I own a two-room house in Chander Vihar. "Though there is a little slow down in the business due to the present decline in tourism, I can make a good living," she says.

Their job is tedious and calls for a lot of hard work wherein even their leisure hours are spent making more craft items. Still, even the young and literate of the lot find this business quite lucrative. Roopa provided basic education to her children. But they too gradually joined the family business.

Their rich folk art has given them exposure, name and a decent source of livelihood. Nevertheless, ask these women, mostly in their 40s, about health awareness and the answer is — "There are many home remedies and herbal medicines for women our age. We generally consult *hakims* and *vaidyas* for our health complications." Probably, here comes our social responsibility – to help these otherwise self sustaining rural women become aware of their health concerns too at this age. Isn't it? Think it over.

30 Mins in your 40+ Life !!!

Thirty minutes of moderate activity each day (or at least 4–5 days a week) can help to:

- Reduce high blood pressure
- Prevent heart disease
- Reduce risk of stroke
- Lower cholesterol levels
- Reduce total and visceral fat
- Improve cardiovascular function
- Prevent osteoporosis
- Reduce risk of colon cancer
- Reduce risk of developing type 2 diabetes and improve health outcomes for those with diabetes
- Reduce risk of depression, elevate mood
- Support restful sleep
- Reduce tension and increase energy

Me TIME

Lets share the 'me time' of some ladies!

“R and R”

Stands for rest and relaxation, the indispensable requirements of our body, mind and soul. Relaxation is the aim of recreation and leisure activities whereas adequate rest is a body energizer. Are you relaxed when you relax? It is truly important to make out the best revitalizing activity as well as a refreshing reverie to soothe yourself entirely. All women want to utilize their leisure time to chill out depending on their interests and fads. So, let me share the recreational approach of some of the women for refreshing tranquility and you can ponder what you must do to make yourself breezy!

Chef a new recipe or to go for window-shopping is undoubtedly, the best stress reliever for me. Although, watching television soaps and peppery gossips is quite entertaining but once engrossed in making sketches and art painting, a prime interest, I tend to forget all my stress.

Mrs. Reena Malik
Teacher, LPS

Whether exercising in gym, swimming, or cycling, the frolicsome activities are my favorite stress busters. Furthermore, freaking out with family and friends is incomparably perky and alleviates my stress to invigorate me immensely.

Mrs. Reetika Rajan
Software Professional

Stress Relief for the Computer Savvy

If you're one of those people who sits in front of a computer for hours, typing away, try this simple yet effective way to release tension in your forearms, wrists and fingers. Make a habit of taking breaks throughout the day to perform this exercise. When your hands and arms are relaxed, you'll feel less stress in your neck and shoulders.

Step 1

Sitting in your chair, back away from your desk and bend your arms to a 90-degree angle, bringing your elbows close to your waist. With forearms parallel to the ground, tuck your fingers in and squeeze each of your hands as tight as possible. Hold for 5 seconds.



Step 2

Open your hands as wide as possible, spreading your fingers apart. Flex your wrists by moving your fingers up and back, simultaneously pushing your wrists forward. Hold for 5 seconds, trying to keep your hands fully stretched. Repeat this move three times — and remember to do the exercise 5 or 6 times a day.

Being a novelist, I love to travel new destinations and enjoy visualizing during my journey. I mostly read non-fictional stories but all sorts of absorbing books, magazines and comics are my beloved companions of leisure time. Moreover, be it chatting or watching cartoon films, spending time with my grand children is a great amusement as well as a stimulant for me.

Mrs. Sushma Srivastava
Novelist

My penchant for melodious classical music, Hindi or English happens to be my favourite relaxant. Reading biographies and moral teachings is a driving force of inspiration and strength to pacify myself and relax even in the most challenging circumstances. Moreover, knitting and weaving are my best pastime and instill a sense of creativity in me.

Mrs. Smita Arora
Head Mistress, Carmel Convent

Dancing to the peppy and catchy tunes and soaking myself to my favorite music collection, banishes my qualm and tranquilizes my senses. Further, to beat my stress, I prefer yoga (anulom vilom) which instantly rejuvenates my mind. Designing something new, be it my apparels or my children outfits, home accessories or interior decors, jewelries or potteries, there are many ways of utilizing my leisure time.

Mrs. Nandani Desai
Homemaker

Fitness Tips for Mature Women

By Peter Welstar *

Fitness in mature woman is about looking and feeling good – just as it was in the younger years. The hormonal changes in the body during the transition phase of menopause in mature woman can induce the risk of many chronic disorders and even heart problems.

As women age, there may be considerable weight gain even without increasing the caloric intake as the body metabolism begins to slow down. Therefore, you have to incorporate fitness into your life by adopting a lifestyle that helps you stay fit and reduce aging.

Incorporate these simple fitness tips into your life in order to remain 'fit as a fiddle' and reduce aging.

- Eat nutritious foods by making green vegetables, fresh salads and fruits your top priority in diet.
- Consumption of *complex carbohydrates* like wheat or rice at nights should be avoided.
- Soy protein is an effective nutrient for mature women to ease discomfort associated with menopause; it lowers cholesterol and helps in maintaining lean muscle mass as you age.
- Supplement yourself with daily multivitamins, minerals and antioxidants that help in repair and synthesis of new tissues. Minerals are vital for normal cell function and serve as *cofactors* in various enzymatic processes.
- Avoid food that is high in calories or saturated fat.
- Some fat in the diet is equally essential for our body as it helps in breaking down proteins. Good fats such as olive oil, flaxseed oil, peanuts and fish oil etc., rich in *omega-3* should be consumed for younger looking skin.
- Calculate your calorie intake by designing a personal nutrition plan to know how many calories you burn in a day; your total daily energy expenditure (TDEE) - the 'maintenance level'. Follow diet according to your maintenance level to stay healthy and active.
- Regular exercising is the most essential activity to achieve fitness, especially in mature woman. Even 20-30 minutes of exercise 4-5 days a week such as brisk walking, gym workouts, aerobic and yogic exercises can work wonders to keep you fit.
- Eat five to six small meals throughout the day. Heavy eating leads to sluggish digestion and stores fat. Therefore, low-calorie meals or snacks eaten at short intervals keep metabolism at pace and burn calories more efficiently.
- Avoid late and heavy dinners as researches have shown that eating later in the evening results in greater fat storage and eating 2-3 hours before sleeping helps to control weight.
- Drink plenty of water, as nearly 30ml of water is required per kg to cleanse our system of toxins and other metabolic waste products. It is especially important in case of high protein diet to eliminate excess nitrogen, urea and ketones for healthy liver and kidneys.
- Adequate sleep of 8-10 hours a day is extremely important in mature woman to minimize the negative effects of aging.
- Calcium and vitamin D supplements either from natural or artificial sources is very important to prevent degeneration of bones and joints in mature woman.
- Weight training by lifting weights for at least 20 minutes two or three times a week is advisable in mature woman to increase the flagging metabolic rate and properly shape and tone body.

* Peter Welstar is a personal fitness trainer

Exercise Basics

By Dr. Maninder Ahuja, Faridabad
Ahuja.maninder@gmail.com

- Proper loose clothing so that your movements are not restricted and your body can breathe through your fabric, cool cotton or Lycra fabric which comes especially for exercisers is good enough.
- Proper foot wear, so that you don't damage your foot arches while walking and exercising
- Weather should not be hot and humid as you would lose too much of fluid and salt through your body surfaces
- Take lots of water in-between
- Take rest between different sets of exercises
- Whatever exercise you are doing whether yoga or aerobic, walking or any other way, learn the proper technique otherwise you would do more harm than good.

xje ygja (Hot Flushes)

MKK vrgy eł'kh (M.D., DGO, FICOG)

रजोनिवृत्ति महिलाओं में उत्पन्न होने वाली यह शरीर की स्वभाविक प्रक्रिया है, जहाँ महिलाओं के 40-45 साल की आयु में पहुंचते ही मासिक धर्म कम और बाद में बंद हो जाता है। इसके दौरान कई प्रतिक्रियाएं जैसे चिड़चिड़ापन, अत्यधिक गरमी लगना, हाथ-पैर में जलन होना, सोते समय शरीर से पसीना आना, सेक्स से वितर्णना होना आदि उत्पन्न होती हैं। आज मेडिकल भाषा में जिसे Hot Flushes (गरम लहरें) कहा जाता है। वो क्या है और उसकी सारवार कैसे करें तो, वह देखें।

Oestrogen की कमी का सबसे कष्टप्रद लक्षण दर्दी के शरीर की शीतलन प्रणाली में अनियमितताएं पैदा होना। इनमें से दो सबसे आम लक्षण हैं – गरम लहरें और रात के पसीने (ठंडी में भी गरमी)।

गरम लहरें होने पर दर्दी को सबसे पहले अप्रिय शारीरिक गरमी/जलन का एहसास होता है। जो ज्यादातर चेहरे, गर्दन और सीने में एहसास की जाती है। कई बार तो देखा गया है कि एक गरम लहरें के बीत जाने के बाद दर्दी को अचानक ठंड, चिपचिपापन और कई बार तो कंपकंपी होती है। कई दर्दी को गरम लहरें की अनुभूति सप्ताह में एक या दो बार होती है। कईयो को तो प्रति दिन 8-10 बार होती है। विशेष तकनीकी संशोधन से यह पता चला है कि बढ़ती उम्र के साथ गरम लहरों की मात्रा दिन-प्रतिदिन, समय के साथ कम होती जाती है।

आज के इस वैज्ञानिक दौर में गरम लहरें की तकलीफ को कम करने के लिए कई संशोधन और सहायता तकनीक पाई जाती हैं। एक रजोनिवृत्ति महिला अपनी इस पीड़ा को कम करने में अपनी मदद स्वयं कर सकती है।

1- l c l s i g y s r l s v k i d k s v i u h t h o u 'k s y h e a d b l e g r o i w k z c n y k o d j u s g k x j t j s d h &

- **i k s 'v d h k s t u y a** – इसमें शामिल हो, अधिक से अधिक हरी सब्जियां, अनाज और ताजे फल। नमक, वसा, मीठा और ज्यादा मसालेदार खाने से परहेज करें।
- **0; k; ke** – इससे वजन कम होता है व हृदय रोग, मधुमेह व ऑस्टियोपोरोसिस से बचाव होता है। रोजाना 30 मिनट व्यायाम आवश्यक है।

आपके शरीर की उपापचय क्रिया उम्र के साथ प्रभावित होती है और भोजन को पचाने में सामान्य से अधिक समय लगता है। इस समय सही वजन को कायम रखने के लिए संतुलित भोजन व व्यायाम को अपनाएं। एक भारी शरीर शारीरिक तापमान को बढ़ावा दे सकता है, जिससे गरम लहरें के दौरान ज्यादा जलन/तकलीफ हो सकती है।

- **/k e i k u u d j a** – धूम्रपान से फेफड़े का कैंसर, ऑस्टियोपोरोसिस, हृदय रोग और खासकर गरम लहरों के दौरान ज्यादा जलन और बेचैनी होती है।
- **v y d k y d k l s u u d j a** – अल्कोहल हड्डियों की वृद्धि व कैल्सियम के सोखने की क्रिया में मध्य होता है। इससे जितना दूर रहें उतना ही अच्छा है।

- **i j r n k j d i m a i g u a** – चूंकि आपको गरम लहरें कभी भी परेशान कर सकती हैं, आप ज्यादातर परतदार कपड़ें जो रूई (cotton) से बने हो वो पहनें। परतदार कपड़े से आपको इस गरमी से राहत मिलेगी व सामान्य हो जाने के बाद आप सहज रह पाएंगी।

इस तरह जीवन शैली में सहज बदलाव करने से आपका गरम लहरें के दौरान काफी आराम मिलेगा।

जीवन शैली के बदलाव के साथ आप कई और तकनीक भी अपना सकती हैं, जैसे की –

2. **l k s k i n k f i z v k j v l j; phyto-oestrogens** – ये एक महत्वपूर्ण रसायन है जो ज्यादातर पेड़-पौधों में पाए जाते हैं। सोया पदार्थ मुख्य रूप से बीन्स, फल, शाक-भाजी, पलेख सीड और गाय के दूध में पाए जाते हैं। जिन महिलाओं के खुराक में ये सारे पदार्थ होते हैं उन्हें गरम लहरें की अनुभूति काफी कम होती है।

कई महिलाओं का अनुभव है कि प्रिमरोज तेल के सेवन से भी गरम लहरें कम आते हैं। विटामिन E और विटामिन B6 के सेवन से भी काफी राहत मिलती है।

3. **'k j h f j d v k j e k u f l d r u k o n j d j u k &** ज्यादा शारीरिक और मानसिक तनाव गरम लहरें की मात्रा को बढ़ावा देते हैं। मेडीटेशन, ध्यान, योग आदि तनाव और गरम लहरें दोनों को कम कर सकते हैं।

गरम लहरें सामान्य तौर पर जल्दी से आकर चले जाते हैं। इस अनुभूति के बाद ज्यादातर आप सहज रहें और आराम करने की कोशिश करें। आज के इस युग में कई तनाव मैनेजमेंट संस्थाएं हैं, जो आपको सही मार्गदर्शन दे सकती हैं। बाजार में मार्गदर्शन करने के लिए अनेकों प्रेरणादायी केसेट, सी.डी., डी.वी.डी. आदि उपलब्ध हैं, जिसका उपयोग गरम लहरें की अनुभूति के समय लाभदायक हो सकता है।

4. n h j h l k j o k j @ m i p k j a &

- **g k f e; k i f k h** – कई होमियोपैथी उपचार जैसे की सेज, पुलसतीला आदि इन परिस्थितियों में असरदार पाए जाते हैं।
- **v j k e k f k j i h** – कई महत्वपूर्ण तेल जैसे सेज और चेमोमाईल के मालिश से गरम लहरें में राहत की अनुभूति होती है।
- **g c l y f k j i h** – कई महत्वपूर्ण पेड़ों से निकाले गए हर्बल रसायन जैसे रेड क्लोवर, जीनसैंग डोंग कई सालो से चीन और दूसरे देशों में Hot Flushes के लिए इस्तेमाल किए जाते हैं।
- **, D; q d p j** – तालीम पाए हुए अनुभवी तबीबों के द्वारा किया हुआ एक्युपंचर काफी राहत दे सकता है।

इस तरह रजोनिवृत्ति, और खासकर गरम लहरें और उसके कारण से होने वाली दूसरी समस्याएं तो स्वाभाविक हैं पर इससे निपटने के लिए आप जीवन शैली में कई तरह के बदलाव, आराम दायक तकनीक और थेरेपी के इस्तेमाल से इस पीड़ा को कम कष्टदायक कर सकते हैं।

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j tkfuoflk dsckn gawk otu-- ek/ki k , d l eL; k\ rF; vlg l ek/kku

प्राकृतिक रजोनिवृत्ति अथवा सर्जिकल मेनोपॉज से (हिस्ट्रक्टामी ऑपरेशन के बाद) बढ़ता हुआ वजन एक आम समस्या है, जिसे महिलाएं मासिक चक्र बंद होने से जोड़ लेती हैं और अक्सर अपने चिकित्सक के पास या आपस में ये ही शिकायत करती हैं कि उनकी खाने-पीने की आदत में तो कोई बदलाव नहीं आया, लेकिन वजन बढ़ता जा रहा है निश्चय ही इसका संबंध रजोनिवृत्ति से है। इसी सन्दर्भ से जुड़े कुछ तथ्य और समस्या समाधान के लिये प्रस्तुत है यह आलेख।

MKW l quyk [k.Myoky

अध्यक्ष - इंडियन मेनोपॉज सोसाइटी

रजोनिवृत्ति (मेनोपॉज) एक शारीरिक एवं मानसिक बदलाव का समय है और इस प्राकृतिक प्रक्रिया को अनेक लक्षणों से जोड़ा जाता है। उम्र बढ़ने के प्रभावों और रजोनिवृत्ति के उपरान्त हार्मोन असंतुलन से उत्पन्न प्रभावों के बीच भेद करना खासतौर से कठिन है। 40 वर्ष की आयु के पश्चात् हॉट-पलश यानि अचानक गर्मी के बफारे आना, पसीने से तरबतर हो जाना, मासिक धर्म में अनियमितताएं या बंद हो जाना, सूखापन, मूत्र संबंधी परेशानियां, पीठ और जोड़ों में दर्द इत्यादि मुख्य शारीरिक लक्षण हैं। शरीर में इस्ट्रोजन हार्मोन के गिरते हुए स्तर के कारण इन सभी शारीरिक परेशानियों के साथ मानसिक लक्षण भी प्रकट होने लगते हैं। जैसे- अवसाद, स्मरण शक्ति में कमी, चिड़चिड़ापन, घबराहट, गिरता हुआ आत्मविश्वास और मानसिक असंतुलन।

आधुनिक युग में बढ़ती हुई आयु के साथ महिलाओं की बाह्य सुन्दरता में कमी, त्वचीय लावण्य में कमी होना, झुर्रियां पड़ना, बालों का झड़ना, ललाट रेखा का बढ़ जाना, लम्बाई में कमी होना और सबसे ज्यादा शारीरिक स्थूलता चिंता का विषय बनता जा रहा है। अनेक चिकित्सा अध्ययन दर्शाते हैं कि रजोनिवृत्ति के समय (44 से 47 वर्ष) और उसके शरीर के मैटाबॉलिज्म (चयापचय) में बदलाव आता है और लगभग 35 वर्ष की आयु के बीच यह क्रिया धीमी होने लगती है और उसके परिणामस्वरूप अनियंत्रित खान-पान व शारीरिक श्रम में कमी के कारण वजन बढ़ना स्वाभाविक है। मेनोपॉज के बाद औसत 5 से 8 पाउंड वजन बढ़ना स्वाभाविक है। चाहे महिला एच. आर. टी. का सेवन कर रही हो अथवा नहीं। कारण है सुस्त दिनचर्या, अधिक आराम करने की प्रवृत्ति, समय की बहुतायत और परिणामतः खाने-पीने के लिए अधिक समय जो सभी मोटापे को बढ़ावा देते हैं। मानसिक तनाव की स्थिति में कुछ महिलाएं चिंता से अपने ध्यान को हटाने के लिए या घरेलू महिलाएं खालीपन अथवा बोरियत में अतिरिक्त आहार का सेवन करने लग जाती हैं और साथ ही आहार में मीठी चीजें खाने की अत्यधिक प्रवृत्ति भी महसूस करती हैं। रजोनिवृत्ति के बाद ऑस्टियोपोरोसिस के अलावा मोटापा सबसे बड़ी दूसरी समस्या है। मोटापा जन्म देता है कुछ और समस्याओं को जैसे - उच्च रक्तचाप, डायबिटीज, आँतो का कैंसर। इसलिये बढ़ती उम्र में रजोनिवृत्ति के पश्चात् बढ़ते हुए वजन के प्रति सजग रहना चाहिए और सम्पूर्ण जांच करवाकर अपने वजन को नियंत्रित करने का प्रयास करना चाहिए। प्रौढ़ महिलाओं में थायरॉइड ग्रन्थि भी कम काम करने लगती है। इसलिये मोटापा ग्रस्त महिलाओं को थायरॉइड की जांच करवाना अतिआवश्यक है।

ek/ki k D; k gS\

शरीर के कुल घनत्व में 30 प्रतिशत से ज्यादा अगर चर्बी हो तो उसे मोटापे की परिभाषा दी जाती है। विश्व स्वास्थ्य संगठन के अनुसार उसके शारीरिक गठन के हिसाब से मापने के लिए सबसे विश्वसनीय तरीका है बॉडी माॅस इंडेक्स। मोटापा आंकलन के लिए -

ch, e-vkbz ¼ otu fdykxle@yEckbz %hVj 1/2%

19	-	सामान्य से कम वजन
20 से 24	-	सामान्य वजन
25 से 29	-	थोड़ा अधिक वजन
30 से 34	-	मध्यम मोटापा
35 से 39	-	अति मोटापा
40 से अधिक	-	खतरनाक मोटापा

25 l s 29 ch, e-vkbz & वाली महिलाओं में रजोनिवृत्ति के बाद हृदयघात की संभावना अधिक होती है साथ ही शरीर के उपरी मध्य भाग में चर्बी बढ़ना (एंड्रोजन ओबिसिटी) ज्यादा हानिकारक होता है। आनुवांशिक मोटापा एवं अन्य कारण जैसे - धूम्रपान, सुस्त दिनचर्या और तनावपूर्ण

जिंदगी इस खतरे को दुगना कर देती है। वजन घटाने के लिए खान-पान के आदतों में बदलाव, शारीरिक सक्रियता एवं नियमित व्यायाम अत्यन्त जरूरी है।

30 l svf/kd ch, e-vkbz & वाली महिलाओं का लक्ष्य, एक पाउंड वजन प्रति सप्ताह कम करने का होना चाहिए। चिकित्सक के निर्देशानुसार खान-पान में बदलाव, व्यायाम एवं दवाईयों के सेवन से भी वजन कम किया जा सकता है। वजन घटाने वाली दवाईयां दो तरीके से काम करती हैं प्रथम - जो आँतो में वसा के अवशोषण को कम करती हैं और दूसरी - जो भूख कम करती हैं। इसके अलावा कुछ ऐसे रेशेदार युक्त वेंजिटेबल पाउडर भी उपलब्ध हैं जिससे पेट भरा हुआ महसूस होता है। इन सभी के इस्तेमाल से 30 प्रतिशत तक वजन कम किया जा सकता है। ये दवाईयां अधिक जोखिम स्तर वाली महिलाओं के लिए डॉक्टरी देख-रेख में दी जा सकती है, पर साथ ही व्यवहारिक चिकित्सा भी जरूरी है।

40 l svf/kd ch, e-vkbz & वाली महिलाओं के लिए शरीर में चर्बी हटाने वाले ऑपरेशन (लाइपोसैक्शन, गैस्ट्रीक बैडिंग) भी कारगर सिद्ध हुए हैं। विदेशों में तो गैस्ट्रीक बायपास सर्जरी एक आम ऑपरेशन हो गया है परन्तु इसकी जटिलताओं के कारण इसे विभिन्न विशेषज्ञों की देख-रेख में ही करवाना चाहिए और जीवन पर्यन्त कड़ी निगरानी की भी भविष्य में आवश्यकता होती है।

, l , e , l - vLirky] t; ij dh ek/ki k fDyful , oa egkRk xkdkh vLirky] t; ij dh euk klt fDyful & के आकड़ों के अनुसार कुल पंजीकृत मोटापे से पीड़ित मरीजों में 75 प्रतिशत महिलाएं पाई गईं और इनमें 50 प्रतिशत रजोनिवृत्ति महिलाएं थीं। महिलाओं में किए गए इस शोध अध्ययन में आयुनुसार अनुपात इस प्रकार पाया गया।

41 से 45 वर्ष	-	34 प्रतिशत
46 से 50 वर्ष	-	46 प्रतिशत
51 से 55 वर्ष	-	55 प्रतिशत
56 से 60 वर्ष	-	8 प्रतिशत

मोटापा और रजोनिवृत्ति से जुड़ा एक खास व्याधि समूह है जिसे **fl UMke , DI** कहा जाता है जो रजोनिवृत्त स्थूल काया वाली महिलाओं में ज्यादा पाया गया (18 प्रतिशत), जिसका सीधा संबंध शरीर में हार्मोन्स की असंतुलित मात्रा थी। सिन्ड्रोम एक्स से पीड़ित महिलाओं में उच्च रक्तचाप, डायबिटीज, मोटापा और रक्त में अधिक कोलेस्ट्रॉल की मात्रा व अच्छे बुरे कोलेस्ट्रॉल का असंतुलन होना भी पाया गया।

सिन्ड्रोम एक्स या इन्सुलिन रजिस्टेन्स सिन्ड्रोम या जिसे डिस्मेटाबॉलिक सिन्ड्रोम भी कहा जाता है। जिसकी वजह से हृदय की बीमारियों और कैंसर का भी खतरा हो जाता है। अमेरीका में कुल 60-70 करोड़ रोगियों में दो तिहाई महिलाएं इस सिन्ड्रोम से पीड़ित हैं। इससे बचाव के लिये खान-पान की आदतों में बदलाव (फास्ट फूड से परहेज) के साथ ही नियमित व्यायाम जरूरी है।

j tkfuoflk , oa gkekku

रजोनिवृत्ति के पश्चात् पेट के चारों ओर चर्बी जमा होने लगती है जिससे रक्त में पुरुष हार्मोन एन्ड्रोजन की मात्रा शरीर में तुलनात्मक रूप से ज्यादा हो जाती है और सेन्ट्रल ओबिसिटी के कारण वजन बढ़ने लगता है। आधुनिक रिसर्च आकड़ों से ये सिद्ध हो गया है कि एच.आर.टी. के सेवन से वजन नहीं बढ़ता बल्कि सेवन कर रही महिलाओं में नियमित व्यायाम का लाभ अधिक पहुँचता है। परम्परागत एच.आर.टी. के उपयोग की अपेक्षा हार्मोन की गोलियां या चिपकिया जिसमें एस्ट्रोजन और प्रोजेस्ट्रोन दोनों

होते हैं अधिक उपयुक्त मानी गई है। सम्पूर्ण चिकित्सकीय जाँच करवाने के बाद एच.आर.टी. का उपयोग करना है अथवा नहीं या उसकी मात्रा, उसका तरीका सभी अन्य मेडिकल बीमारियों से संबंध रखता है। मिश्रित हार्मोन के उपयोग से रक्त में कोलेस्ट्रॉल की मात्रा घटाई जा सकती है और साथ ही अस्थिक्षरण रोकने के लिये रेलेक्सीफेन इन महिलाओं में अधिक कारगर सिद्ध हुई है। रक्त में कोलेस्ट्रॉल की मात्रा कम करने के लिये स्टेटिन, एसप्रिन, एटीओक्सिडेन्ट आदि दवाईयाँ डॉक्टरों से सलाहनुसार ली जा सकती हैं, जिससे भविष्य में बढ़ते वजन के साथ हृदयघात की संभावनाएं रजोनिवृत्ति के पश्चात् की जा सकती हैं। 55 वर्ष की आयु के पश्चात् हार्ट की बीमारियों से मरने वाली महिलाओं की संख्या कैंसर से भी ज्यादा पाई गई है। इसलिए प्रौढ़ महिलाओं में वजन नियंत्रण और मोटापे से अपने आप को बचाना स्वास्थ्य संभाल की पहली प्राथमिकता है।

0; k; ke &

मोटे तौर पर रजोनिवृत्ति के पश्चात् महिला को सामान्य वजन बनाए रखने के लिए सिर्फ 15 कैलोरी प्रति पाँड वजन की आवश्यकता होती है। कैलोरी की आवश्यकता आपकी उम्र, लम्बाई, गतिविधियों या सक्रियता और मेटाबॉलिज्म पर निर्भर करती है। अमेरिकन मेडिकल एसोसिएशन की पत्रिका के अनुसार 20 मिनट के निम्न व्यायाम में कैलोरी क्षय की तालिका इस प्रकार है—

धीमी गति से चलना	—	60
तेज गति से चलना	—	100
बागवानी	—	140
डांसिंग	—	160
तेज जॉगिंग	—	210
साइकिल चलाना	—	220
तैराकी	—	240

नियमित व्यायाम से हृदय की बीमारियों व खास तौर से हॉट-फ्लश की परेशानी से बचा जा सकता है और साथ ही शारीरिक संतुलन, लचीलापन, मांस पेशियों की मजबूती भी बढ़ाई जा सकती हैं, जिससे ओस्टियोपोरोसिस जनित फ्रैक्चर की संभावना भी कम की जा सकती है।

ध्यान रहें उम्र के इस पड़ाव पर व्यायाम शुरू करने से पहले अपनी मेडिकल बीमारियों की पूरी जांच करवाएं और तभी निश्चित करें की इस अवस्था में आपके लिए कौनसा व्यायाम उचित है। खाली समय का उपयोग रचनात्मक कार्यों में लगाएं और शारीरिक गतिविधियाँ बढ़ाएं। दैनिक कार्यकलापों में सक्रिय बदलाव लाएं।

बढ़ते हुए वजन के उचित इलाज के लिए वजन मापना, नियमित रूप से वजन घटाना व उससे उत्पन्न अन्य खतरों की जांच और साथ ही मेडिकल बीमारियों का प्रबंधन भी शामिल है।

Å& efgykvka ds fy, otu ?kVkus ds l kfk LoLFk fnup; k ds fy, dN mi ; kxh fVII &

➤ fu; fer : i l sotu ekis और वजन घटाने के छोटे-छोटे लक्ष्य तय करें वही लम्बे समय तक कायम रह सकते हैं।

➤ , jkcd fnup; k th; & हमेशा कुछ न कुछ व्यायाम अपने दिनचर्या में जोड़ने की कोशिश करें। जैसे— आस-पास के छोटे-छोटे कार्यों के लिए वाहन का प्रयोग न करें।

- अपने वाहन का पार्किंग स्थल थोड़ा दूर चुनें।
- लिफ्ट की जगह सीढ़ियों से चढ़ें उतरें।
- घरेलू काम करते समय संगीत चलाकर कुछ हल्के डांस के स्टेप आजमाएं।
- सुस्ताते वक्त हाथ-पांव को स्ट्रेच करें।
- स्वयं बागवानी करें और कुछ वक्त बच्चों के साथ खेलें।

➤ vkgkj eaifjorL , oafu; & k&

1. जब तक भूख न लगे न खाएं और बार-बार खाने की आदत न डालें।
2. फ्रिज में हरी-सब्जियाँ, ताजे फल आदि ही रखें। मिठाई और वसा युक्त पदार्थों को देखते ही खाने की इच्छा जाग्रत हो जाती है।
3. भोजन के बाद अगर मीठा खाने की इच्छा हो तो एक गुड़ का टुकड़ा या ताजा मीठा फल ही लें।
4. नाश्ता या दोपहर का भोजन ठीक से करें जिससे काम-काज में अनावश्यक कैलोरी खर्च हो जाएं और रात का खाना हल्का लें।

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1. क्या आपका वजन पिछले 6 महिने से ही बढ़ा है?
 2. क्या आप अपनी इच्छा से वजन कम करना चाहती है?
 3. आपका बी.एम.आई. 30 या उससे अधिक है?
 4. सिर्फ आपका ही अपने परिवार में वजन ज्यादा है?
 5. क्या पहली बार आप वजन घटाने का प्रयास कर रही है?
 6. आपके हृदयघात का जोखिम स्तर ज्यादा है?
 7. क्या आप नियमित व्यायाम के लिये तैयार है?
 8. क्या आप हमेशा एक ही डॉक्टर से परामर्श लेती है?
 9. क्या आप नियमित जांच के लिये तैयार है?
 10. क्या आप नियमित रूप से डॉक्टरों निर्देशों का पालन करती है?
- 8 – 10 निश्चय ही वजन घटाने में सफलता।
- 4 – 7 नियमित देख-रेख में प्रोत्साहन से निर्धारित लक्ष्य पर पहुँच सकती है।
- 0 – 3 स्कोर – वजन घटना मुश्किल है आपको बहुत मदद की जरूरत है।

5. पानी खूब पीए (10–12 गिलास) नींबू पानी और पतला सूप आदर्श पेय हैं। मद्यपान से बचें।
6. जूस की जगह फल काटकर ही खाएं क्योंकि रेशे से पेट भरा हुआ महसूस करता है और फल काटने, छीलने व चबाने में कुछ कैलोरी खर्च होती है जो कि दो मिनट में एक गिलास रस पीने से नहीं होती।
7. मांसाहारी सिर्फ मछली का प्रयोग करें और रेशेदार खाद्य पदार्थों व पोषक तत्वों का अत्यधिक सेवन करें जैसे – साबुत अंकुरित अनाज, हरी सब्जियाँ गाजर, पपीता इत्यादि।
8. दो नई स्वस्थ खान-पान की आदत जरूर डालें और उसका अनुसरण करें जैसे— मीठा छोड़ना व ऊपर से नमक न डालना इत्यादि। आहार को धीरे-धीरे चबाकर खाने से मस्तिष्क में स्थित तुप्ती केन्द्र (सेंटायटी सेन्टर) तुप्त होता है और साथ ही मस्तिष्क में सीरोटोनिन बढ़ने से आनन्द की अनुभूति भी करवाता है।
9. अनावश्यक व्रत ना करें। व्रत के समय शरीर में कम मात्रा में आहार पहुँचने से मेटाबोलिक-रेट कम हो जाती है और कैलोरी संचित होना शुरू हो जाता है और जब आप आहार की मात्रा अधिक लेते हैं तो वजन बढ़ने लगता है।

➤ हर वक्त कुछ नया प्रयोग करें, हो सकता है सम्पूर्ण संतुष्टि ना मिले पर खुश रहें। स्वयं शुरू किया हुआ या व्यापारिक ग्रुप प्रोग्राम चालू करें।

➤ दवाईयों पर नजर रखें, कुछ दवाईयाँ स्टेरॉयड्स दर्द निवारक गोलियाँ अत्याधिक टॉनिक इत्यादि भी वजन बढ़ाते हैं क्योंकि भूख बढ़ने के साथ ही शरीर में पानी जमा हो जाता है जिससे शरीर फूलने लगता है। रजोनिवृत्ति के आरंभ से ही अपने पारिवारिक फिजिशियन के साथ गहराई से विस्तारपूर्वक विचार विमर्श करें। बढ़ती आयु के साथ अन्य मेडिकल बीमारियों की पूर्ण वैज्ञानिक जांच और आवश्यकतानुसार दवाईयों में बदलाव करने से आपको इस बदलाव के दौर में काफी मदद मिलेगी।

रजोनिवृत्ति प्रजनन शक्ति का अंत मात्र है जीवन या सक्रियता का अंत नहीं। नियमित व्यायाम एवं संतुलित आहार वजन नियंत्रित कर सकती है। स्वस्थ जीवन शैली अपनाएं और तनाव को वश में रखें। यही दो खास पहलू हैं जिनसे रजोनिवृत्ति के उपरान्त पड़ने वाले शारीरिक एवं मानसिक दुष्प्रभावों से महिलाएं अपने आप को बचाकर नियंत्रित वजन से स्वस्थ रहते हुए अंतिम वर्षों तक सक्रिय और सशक्त रचनात्मक कार्य कर सकती हैं।

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अध्यक्ष – इंडियन मेनोपॉज सोसाइटी
आचार्य एवं विभागाध्यक्ष महात्मा गाँधी अस्पताल एवं
मेडीकल कॉलेज जयपुर में कार्यरत हैं।

MANGO MANIA

The mango is known as the 'king of fruit' throughout the world. The name 'mango' is derived from the Tamil word 'mangkay' or 'man-gay'. When the Portuguese traders settled in Western India they adopted the name as 'manga'.

Origin of Mango

Mangos originated in East India, Burma and the Andaman Islands bordering the Bay of Bengal. Around the 5th century B.C., Buddhist monks are believed to have introduced the mango to Malaysia and eastern Asia - legend has it that Buddha found tranquility and repose in a mango grove. Persian traders took the mango into the Middle East and Africa, from there the Portuguese brought it to Brazil and the West Indies. Mango cultivars arrived in Florida in the 1830's and in California in the 1880's.

Scared Role in Indian Society

The Mango tree plays a sacred role in India; it is a symbol of love and some believe that the Mango tree can grant wishes. In the Hindu culture hanging fresh mango leaves outside the front door during Ponggol (Hindu New Year) and Deepavali is considered a blessing to the house. Mango leaves are used at weddings to ensure the couple bears plenty of children (though it is only the birth of the male child that is celebrated - again by hanging mango leaves outside the house).

Not For Burning

Burning of mango wood and leaves and debris is not advised - toxic fumes can cause serious irritation to eyes and lungs. Mango leaves are considered toxic and can kill cattle or other grazing livestock.

Protective Nutrients

Mangos are bursting with protective nutrients. The vitamin content depends upon the variety and maturity of the fruit, when the mango is green the amount of vitamin C is higher, as it ripens the amount of beta carotene (vitamin A) increases. Dermatitis can result from contact with the resinous latex sap that drips from the stem end when mangos are harvested. The mango fruit skin is not considered edible.

Medicinal Value

Every part of the mango is beneficial and has been utilized in folk remedies in some form or another. Whether the bark, leaves, skin or pit; all have been concocted into various types of treatments or preventatives down through the centuries. A partial list of the many medicinal properties and purported uses attributed to the mango tree are as follows: anti-viral, anti-parasitic, anti-septic, anti-tussive (cough), anti-asthmatic, expectorant, cardiogenic, contraceptive, aphrodisiac, hypotensive, laxative, digestive

Mango Products

Mango, both in its green and ripe form is a very good tenderizing agent due to these same enzymes, therefore ideal to include in any marinade. In India they use a sour mango powder containing ground up green mangos called Amchur, both as a seasoning and tenderizing aid.

Mangiferin - rich in splenocytes, found in the stem bark of the mango tree has purported potent immunomodulatory characteristics - believed to inhibit tumor growth in early and late stages.

Vitamins Found in Mangos

Mangos are an excellent source of Vitamins A and C, as well as a good source of Potassium and contain beta carotene.

Mangos are high in fiber, but low in calories (approx. 110 per average sized mango), fat (only 1 gram) and sodium.

Mangos are a good staple for your daily diet.

Mango Nutrient Information*

Serving size: 3 1/2 ounces mango slices	
Calories	66
Protein Total	0.5g
Carbohydrate	17g
Fat	0.27g
Cholesterol	0mg
Sodium	2mg
Potassium	156mg
Vitamin A	3,890IU
Vitamin C	27mg
* Not recommended for labeling purposes	

RECIPIES

MANGO MOUSSE

Category: Desserts

Servings: 2

Ingredients

- 1 cup apple juice
- 1 tbsp. sugar (to taste)
- 2 cups heavy cream, whipped
- Dash of nutmeg
- 1 cup mashed mangos

Directions: Mix mango and apple juice. Add sugar to taste. Freeze for 30 minutes. Beat it well then fold in whipped cream and nutmeg. Pour into porcelain petit pots and chill for several hours



COLESLAW WITH MANGO

Category: Salads

Servings 2

Ingredients

- 3 cups shredded cabbage
- 1 carrot, shredded
- 1 mango, diced
- 3 tbsp. finely chopped onion
- 2 tbsp. finely chopped red pepper
- 8 oz. mango flavored yogurt
- 1 tsp. caraway seeds
- 2 tbsp. cider vinegar
- 1/4 tsp. dry mustard
- 1/8 tsp. salt
- Pepper to taste

Directions: Combine all ingredients except cabbage and carrot. Stir in cabbage and carrot.



Recipe: Mango upside-down cake

SAVING THE BEST FOR LAST: Bake slices of mangoes into an upside-down cake, to be served warm with whipped cream.

Total time: About 1 hour

Servings: 8

Ingredients

- 2 medium mangoes, peeled and thinly sliced
- 2 tablespoons dark rum
- 4 tablespoons (1/2 stick) butter
- 1/2 cup packed dark brown sugar
- 1 1/2 cups cake flour
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- Grated zest of 2 limes
- 1/2 cup (1 stick) butter, softened
- 3/4 cup sugar
- 2 large egg yolks, at room temperature
- 1/2 cup half-and-half
- Whipped cream for garnish (optional)

1. Heat the oven to 350 degrees. Combine the mangoes and rum in a bowl and mix well. Let stand while you make the rest of the cake.

2. Melt 4 tablespoons butter in a heavy, 10-inch oven-proof skillet, set over low heat. Whisk in the brown sugar until smooth. Remove from the heat.

3. Arrange the mango slices evenly in the pan (as you would apples for a tarte-Tatin). Pour the remaining juices evenly over.

4. Combine the flour, baking powder, salt and lime zest in a small bowl and whisk to blend.

5. Beat the one-half cup softened butter with the sugar until smooth. Beat in the egg yolks one at a time. With the mixer on low speed, beat in half the flour mixture, then half the half-and-half, then the remaining flour mixture and the remaining half-and-half. Beat until smooth. Spoon over the mangoes in the skillet, spreading the batter evenly to the edges.

6. Bake in the lower third of the oven for 35 to 40 minutes, until the cake tests done. Immediately invert the skillet over a serving plate. Serve the cake warm, with whipped cream, if desired.

Each serving: 443 calories; 4 grams protein; 62 grams carbohydrates; 1 gram fiber; 20 grams fat; 12 grams saturated fat; 102 mg. cholesterol; 148 mg. sodium.

Source: Los Angeles Times

Awaited





For more information on Indian Menopause Society log on to:

www.indianmenopausesociety.org



Using the female condom

- Consent and foreplay precede action
- Check expiration date on condom
- Pinch inner ring of FC
- Gently insert closed end into vagina
- Use index finger to push inner ring up to cervix (similar to how a tampon would be inserted)
- Leave outer ring outside the vagina
- Check that FC is not twisted
- Add water-based or silicone-based lube on penis or penetrating object to increase comfort and decrease noise— can also be done before insertion
- After Velvet is inserted, just before penetration, the woman needs to hold Velvet with two fingers and guide the man carefully so that the penis doesn't enter from the side.
- Enjoy the action
- Twist outer ring and gently remove FC
- Remove and throw in trash, do not flush



The easy way to tackle vaginal dryness

Velvet Female Condom:

Perfect for your protection, comfort and pleasure

A female condom has multiple benefits and you can actually consider it a gift to womankind. As its name suggests, it serves as an effective contraceptive, it also protects you from infections, and most importantly, it provides comfort to all those suffering from vaginal dryness and irritation, which is a common problem among women in varied age groups.

Vaginal dryness can be painful and can decrease your libido

Lack of vaginal lubrication can make intercourse painful. Women suffering from this problem might often dread intercourse and avoid sex too. It is one of the reasons why they also experience a drop-off in libido, making it painful. One might also experience itching, burning, frequent urination and a constant pressured feeling. This may lead to a great deal of emotional and physical distress.

Vaginal dryness can be due to various reasons

Declining estrogen levels, reduced muscle tone intercourse, excessive use of condoms or tampons, intake of certain medications, chemotherapy, douches and stress.

Velvet, the female condom offers relief from vaginal dryness

The female condom Velvet is both internally and externally lubricated unlike a Male condom, which is only externally lubricated and therefore reduces friction. When the vagina is fairly lubricated with the female condom, the pain associated with a dry vagina is drastically reduced, increasing pleasure instead.

Other ways in which to restore vaginal lubrication

1. Dip a cotton pad in sesame oil and massage the vaginal walls with it on a daily basis for at least a week
2. Black Cohosh is a Native American herb that is widely recommended for treating vaginal dryness.
3. Aloe Vera gel is a multipurpose herb that is known for its moisturizing properties and helps keep the female reproductive organs in good health. It can be taken along with Winter cherry and saffron added to a glass of milk at night to increase vaginal lubrication.

4. Add 1 tsp fenugreek seeds to a glass of water and boil for 15 minutes. Allow it to cool and drink it once a day to treat vaginal dryness.
5. Ginkgo Biloba is a wonderful herb that is used in the treatment of anxiety and depression.
6. Drinking 8-10 glasses of water daily helps flush out the harmful toxins from the body and keeps you hydrated.
7. 1 cup oat straw daily helps combat high blood sugar and relieves stress and anxiety, thereby stimulating vaginal lubrication.

Why it makes sense to use Velvet, the Female Condom as a cure for vaginal dryness

Sex is usually spontaneous and associated with impromptu foreplay for pleasure. Most of the natural techniques mentioned above could be time consuming and have an effect over a period of time. A female condom works best at such times for all women facing this problem especially women in their post menopausal stage.

It increases pleasure too...

Not only does Velvet lubricate the vagina, its warm sheath and the touch of the inner ring to the penis and the outer ring to the scrotum heightens the levels of pleasure for the man. The process of insertion can be handled with ease by the man and as a part of foreplay it can be very erotic for both.

How does Velvet, the Female Condom work?

Velvet can be used during vaginal intercourse. A woman can simply insert the condom into her vagina before sex, creating a barrier similar to a male condom. Do not use a FC together with a male condom. When used consistently and correctly, the FC prevents pregnancy and protects against STIs, including HIV. Made of soft polyurethane (a type of plastic), the FC transmits body heat better than latex and may be a good choice for those who have a latex sensitivity or allergy.

The FC Female Condom®

is available freely over-the-counter at drug and grocery stores in the same area as male condoms.

All in all, it can work for you as it has for hundreds of women, with multiple benefits. Not only does it protect you, it offers you all the comfort to enjoy pleasurable sex.





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