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World Menopause Day
POSTER INSIDE

Gandhi on Women

Festivities of India
India is a country of festivals and celebration. It has a very rich historical and cultural background. Each Indian festival has a proper meaning, reason and significance behind its celebration.

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Cover Photo: Ammu Joseph, journalist and media-watcher
From the Editors' Desk

Dear Reader,

“Breezing through menopause” is the theme of the year for us at the Indian menopause society. In keeping with this theme POISE has always tried to talk to you about the various facts of menopause thus preparing you, in order that you can “breeze” through this stage of your lives. This Oct issue celebrates World Menopause Day that falls on 18th Oct by bringing you many messages and fact statements on how to handle aging! This month we also celebrate World Osteoporosis Day and Breast Cancer Day in order to remind all of you that you all need a well woman check! Do get yourselves examined and take a pledge that you would do so each year!

For those of you who are just entering this phase, life may be a roller coaster – hot flushes maybe troublesome. Please read our president’s message and all that is within this journal to allay your fears. Remember what Gandhiji said, “A man is but the product of his thoughts. What he thinks, he becomes.” Yes, the more you think about your flushes, the more they will trouble you! Dr Sulbha Joshi tells you how yoga can help and Dr Pushpa Sethi talks about the goodness of Flaxseeds – the only vegetarian source of omega 3 fatty acids. There’s much more so read on........................

And to take your mind off troubles, we feature some of the relevant women’s festivals of this month for you!!

Wishing all our readers ‘a very happy festive season

Dr. Sonia Malik
Editor

Message from the President

Dear Friends

“October 18” is the “World Menopause Day.” To celebrate the day, International Menopause Society is launching a new campaign to create awareness of vasomotor symptoms like hot flashes and night sweats and aims at encouraging more women to seek help from their physicians.

The International Menopause Society along with associated societies including IMS all round the world has passed a resolution that “No Woman Should Suffer in Silence, and No Longer Should They Grin and Bear It” as these menopausal symptoms are debilitating and distressing for both woman and her family.

The IMS aims to focus the attention to the need of menopausal women. This can be achieved only when all its members who are a part of this wonderful organization by choice and not chance show commitment for the cause.

The IMS is a great organization which has got talented individuals with academic excellence. As the president of this prestigious organization I urge and request all its members to be committed to the cause of helping these women by imparting their knowledge, education and services, and making them aware of various treatment options available and how they can access the medical services.

The mission of IMS is to promote and advance communication, impart knowledge, education and help in research aimed at improving all aspects of health of adult women. This has been initiated this year with various agendas which include magazine “Poise”, newsletters, editorials, menopausal camps, training of the service providers through CDs, e-mails, columns in the IMS website to name a few.

Our efforts should continue to make a woman’s life worthwhile living in their old age. The knowledge, skill and understanding we gain from the society needs to be imparted to train people from different walks of life – especially non-medical members of IMS who can be of immense help to us in achieving our goal.

Let us pledge today to tell the world that:

1. We would help the women in their autumn years to face the world with dignity and pride.

2. All efforts would be made to slow the process of aging, to enjoy life for longer, and to reduce cell and system deterioration and prevent onset of common life style related diseases, for instance: Diabetes, Obesity, Hypertension, Osteoporosis, Dementia and CHD.

3. That we will aim at menopausal preventive health care measures which can assist in postponing the morbidity to the point beyond which can be called prevention of morbidity.

Quality is never an accident. It comes with conscious efforts. Quality brings how to age less, look great, live longer and get more.

Committed to the cause of IMS.

Dr. Saroj Srivastava
(IMC National President) 2011-2012
Dietary Guidelines after Menopause

What are some basic dietary guidelines?

**Eat a variety of foods to get all the nutrients you need.** Since women’s diets are often low in iron and calcium, follow these simple guidelines:

**Get enough calcium** - Eat and drink 2 to 4 servings of dairy products and calcium-rich foods a day to ensure that you are getting enough calcium in your daily diet. Calcium is found in dairy products, curds, paneer, broccoli and legumes.

**Pump up your iron intake** - Eat at least 3 servings of iron-rich foods a day to ensure that you are getting enough iron in your daily diet. Iron is found in lean red meat, poultry, fish, eggs, leafy green vegetables, nuts and enriched grain products.

**Get enough fibre** - Help yourself to foods high in fibre such as whole-grain breads, cereals, pasta, rice, fresh fruits and vegetables.

**Eat fruits and vegetables** - Include at least 2 to 4 servings of fruits and 3 to 5 servings of vegetables in your daily diet.

**Read labels** - Use the package label information to help you make the best selections for a healthy lifestyle.

**Drink plenty of water** - Drink at least eight 8 to 10 glasses of water a day.

**Maintain a healthy weight** - Lose weight if you are overweight by cutting down on portion sizes and reducing foods high in fat, not by skipping meals. A registered dietician or your doctor can help you determine your ideal body weight.

**Reduce foods high in fat** - Fat should provide 30 percent or less of your total daily calories. Also, limit saturated fat to less than 10 percent of your total daily calories. Saturated fat raises cholesterol and increases your risk of heart disease. Saturated fat is found in fatty meats, whole milk, ice cream and cheese. Limit cholesterol intake to 300 milligrams (mg) or less per day.

**Use sugar and salt in moderation** - Too much sodium in the diet is linked to high blood pressure. Also, go easy on smoked, salt-cured and charbroiled foods – these foods contain high levels of nitrates, which have been linked to cancer.

**Limit alcohol intake** - Women should limit their consumption of alcohol to one or fewer drinks per day (3 to 5 drinks per week maximum).

**Can foods reduce menopausal symptoms?**

Plant-based foods that contain isoflavones (plant estrogens) work in the body like a weak form of estrogen and may help relieve menopausal symptoms in some women. Some lower cholesterol levels and have been suggested to relieve hot flashes and night sweats. Currently, most research indicates that soy isoflavones are not particularly effective for treating several menopausal symptoms. Aside from soy products, isoflavones can also be found in foods such as whole grains and beans.

The phytoestrogens that have been isolated from a variety of plant food are phenolic (rather than steroidal) compounds; the major categories of phytoestrogens include isoflavones, lignans, and coumestans. Soy, other beans, clover, and alfalfa contain isoflavone precursors, which are converted to genistein, daidzein, and equol by intestinal bacteria. Flax seeds, other seeds, legumes, whole grains, and some fruits and vegetables contain lignan precursors that can be converted to enterolactone and enterodiol by intestinal bacteria. Phytoestrogens can have estrogenic activity as potential dietary derived modulators with endocrine function.

**Should I avoid certain foods while I am going through menopause?** If you are experiencing hot flashes, you may find that consuming certain “trigger” foods and beverages – spicy foods, caffeine, and alcohol – may increase the severity and frequency of hot flashes.

**Are there dietary supplements I can take to ease symptoms/prevent manifestations of menopause?** Because there is a direct relationship between the lack of estrogen after menopause and the development of osteoporosis, the following supplements, combined with a healthy diet, may help prevent the onset of this condition.

**Calcium** - If you think you need to take a supplement to get enough calcium, check with your doctor first. Calcium carbonate and calcium citrate are good forms of calcium supplements. Be careful not to get more than 2,000 mg of calcium a day. That amount can increase your chance of developing kidney problems.

**Vitamin D3 (Cholecalciferol)** - Your body uses vitamin D to absorb calcium. People aged 51 to 70 years should have 600 to 800 IU each day and those over age 70 years should have 800 IU. More than 2,000 IU of vitamin D each day is not recommended because it may be too much for your body.

This Dietary guidelines has been developed by the Australasian Menopause Society
Flaxseed and its Health Benefits

The tiny little brown seeds called ALSI, available at the regular Pansari shop have been shown to have multiple health benefits. Alsi or flaxseeds, are low in calories & carbohydrates, but are full of vitamins, minerals, essential omega fatty acids & antioxidants that keep many health problems away, thus keeping you healthy & fit. You can include flaxseeds in your diet on cereals, on salads, top it on yogurt, or put it in shakes. You can eat it directly or in combination. Grind a small amount of the seeds in a blender and store it in an airtight, dark colored glass jar in a fridge. Flaxseed oil is also available in the market in a dark jar, and also in capsule form. It can be taken as such, topped on yogurt or salads. It should not be heated. Below are listed some of the health benefits of flaxseeds.

CARDIO-PROTECTIVE – Due to the presence of high content of alpha-linolenic-acid (ALA), a type of plant derived omega-3-fatty acid, flaxseeds are known to have cardio protective benefits. Flaxseeds help in lowering total and LDL cholesterol levels, they may also keep platelets from becoming sticky, therefore reducing the risk of heart attacks.

CONTROLS BLOOD SUGAR LEVELS – Fiber present in flaxseeds, helps stabilize blood sugar levels. A recent study demonstrated lowering of blood sugar levels by 28% an hour after eating flaxseeds.

CANCER FIGHTING AGENT – Flaxseeds are high in lignans (a phytoestrogen), and in alpha-linolenic-acid (ALA), which are found to be promising as a cancer fighting agent. Flaxseeds high fiber aspect is also beneficial in fighting against colon cancer. Lignan metabolites can bind to estrogen receptors, hence, inhibiting the onset of estrogen stimulated breast cancer. Lignans are known to promote fertility, reduce perimenopausal symptoms, and possibly help prevent breast cancer.

PREVENTS CONSTIPATION – Flax is high in both soluble and insoluble fiber. Flaxseeds promote regular bowel movements and help to absorb water, thereby softening the stools, and allowing to pass through the colon quickly.

BOOSTS IMMUNITY – A study in the Nutrition journal stated that, eating flaxseeds daily favorably affects body’s immunity, which is the body’s ability to defend itself successfully against micro-organisms. Lignans and ALA affect immune cells and compounds that control immune reaction.

MOOD-ENHANCER – Flaxseeds have a mood boosting ingredient called ‘Docosahexaenoic acid’ or DHA, which is essential for proper function of brain cells. Flaxseeds decrease the risk of Alzheimer’s disease, due to the presence of Omega-3-fatty acids.

So friends, these small but potential power house of exceptionally good properties, the flaxseeds, should be made a part of our daily diet. Why consume medicines when same benefits are available in these natural seeds. Moreover they are cheap and easily available. So happy flaxseeding, to keep your heart, mind and body healthy.

Dr Pushpa Sethi
Consultant Gynaecologist, Chapter Secretary, Indian Menopause Society Gurgaon
Gandhi on Women

Woman is more fitted than man to make exploration and take bolder action in nonviolence... There is no occasion for women to consider themselves subordinate or inferior to men....Woman is the companion of man, gifted with equal mental capacity....If by strength is meant moral power, then woman is immeasurably man's superior....If nonviolence is the law of our being, the future is with women...

Gandhi Quotes on Men and Women

"The good man is the friend of all living things."
"The real ornament of woman is her character, her purity."
"I have worshiped woman as the living embodiment of the spirit of service and sacrifice."
"Man becomes great exactly in the degree in which he works for the welfare of his fellow-men."
"Man can never be a woman's equal in the spirit of selfless service with which nature has endowed her."
"Man lives freely only by his readiness to die."
"Man should forget his anger before he lies down to sleep."
"Man's nature is not essentially evil. Brute nature has been known to yield to the influence of love. You must never despair of human nature."
"Man falls from the pursuit of the ideal of plan living and high thinking the moment he wants to multiply his daily wants. Man's happiness really lies in contentment.

(Young India, 10.4.1930)
Menopause and Body Changes

Women may find their body changes during menopause. Unpleasant symptoms such as dry skin, the sensation of crawling under the skin, dry vagina, pain during intercourse, joint and muscle aches, and frequent urination are common. Some of these symptoms can be due to lower levels of the hormone oestrogen, which is the main hormonal change at menopause. While the use of oestrogen replacement therapy may be useful for some women with some of the changes detailed below, it should not be regarded as an antiageing therapy.

Skin
Dryness, loss of elasticity, and thinning of the skin occur around the time of menopause, along with increased wrinkles. These changes are due to a combination of deterioration due to ageing and hormonal changes. Wrinkles are made worse by smoking and exposure to sun throughout life.

- Oestrogen therapy has beneficial effects on the skin. Studies have shown that oestrogen increases skin thickness as well as increasing the water-holding capacity of the upper layer of the skin. Oestrogen may also decrease skin slackness and improve the skin's capacity for repair.
- The sensation of crawling on or under the skin, called formication, is relieved by oestrogen therapy.
- Acne may occur and may accompany unwanted hair growth.

Teeth
Many women notice deterioration in the condition of their teeth after menopause.

- It is common to experience reduced saliva, increased gingivitis (bleeding gums) and sometimes changes in taste and smell.
- Osteoporosis (bone thinning) has been linked to tooth loss, with reduced bone in the jaw leading to lack of support for teeth.

Vulva and Vagina
The genital tract is highly oestrogen-dependent, so dry vagina and vulva are common complaints at menopause. This can lead to discomfort or pain during intercourse as well as bleeding or spotting after intercourse. It is normal for the labia (vulval lips) to become thinner with menopausal hormonal changes.

- Vulval dryness can worsen other vulval skin conditions (e.g. eczema) which cause itching and irritation.
- Avoiding soap and bodywashes on the vulva can help relieve irritation and dryness. Alternatives to soap include sorbolene with glycerine or special low-irritant cleansing lotions available from the chemist.
- All of the above vulvovaginal symptoms respond well to locally applied oestrogen preparations as well as to hormone therapy (HRT).

Bladder
Urinary frequency and incontinence are more common around the time of menopause.

- The most common cause of incontinence is an overactive or irritable bladder. Vaginal oestrogen therapy may help this condition.
- Some women find combined HRT beneficial for incontinence but others do not. In some women HRT may make incontinence worse.
- Other incontinence treatments include medication, physiotherapy and, if necessary, surgery. These may be considered after further investigations of the incontinence have been undertaken.

Joints and Muscles
Joint and muscle aches and pains are common symptoms during menopause.

- Conditions such as osteoarthritis are also common at this time.
- Exercise is an important part of management of these symptoms. (See AMS Healthy Ageing and Lifestyle pamphlet)
- Joint and muscle aches may improve with the use of HRT.

Hair
Many women notice increased facial hair at menopause.

- Thinning of scalp and pubic hair is also common.
- HRT, particularly oral forms, can help to control facial hair in some women.
- Other treatments for increased facial hair include waxing, laser therapy and antitestosterone medication.
- There are some treatments using scalp lotions that can be applied to help thinning scalp hair.

This information sheet has been developed by the Australasian Menopause Society.
Sleep Disturbance and the Menopause

In Poise

INFORMATION SHEET

Sleep Disturbance and the Menopause

Sleep disturbance, or insomnia, is a common problem in menopause. Having problems sleeping is not only unpleasant, it also affects quality of life, increases the risk of accidents, and can reduce concentration and memory.

Insomnia - unsatisfactory sleep - occurs in up to twice as many women during and after menopause compared to younger women. This deterioration in sleep usually starts a few years before menopause.

Causes

Sleep disturbance in menopause is not due to one single reason. Many factors may affect different women in varying degrees, including:

Hot flushes and night sweats: Common at night, hot flushes are often severe enough to disrupt sleep. Women treated for flushes have been shown to have improved sleep. HRT is the most effective treatment for hot flushes and night sweats. (see AMS pamphlets on HRT and Non-Hormonal Treatments for Menopausal Symptoms)

Depression: Women with depressed mood and anxiety experience poor or insufficient sleep; (see AMS pamphlet on Depression and Menopause).

Sleep apnoea: Menopausal hormonal changes appear to affect the upper airway, restricting air flow and in some cases causing the disorder, sleep apnoea, usually accompanied by snoring. Oestrogen loss causes body fat to redistribute to the abdomen, a known factor in development of abnormal breathing.

Restless legs: This is a surprisingly common reason for poor sleep in women during menopause. The condition involves episodes where women have an irresistible urge to move their legs and may have unpleasant and uncomfortable feelings in the legs. This is often worse at rest.

Unknown: there are cases when no cause is found for disturbance in sleep pattern.

Relief

The cornerstone of management is "sleep hygiene". This is a series of steps women can take to control the environment of their bedroom, the timing of sleep and avoidance of food and drink that may overstimulate.

Steps to follow when you cannot fall asleep:

1. Get up if you cannot sleep after trying for 15 to 20 minutes. Staying in bed while restless and anxious is unlikely to result in sleep.
2. Do something quiet and distracting (e.g. cards, reading, jigsaw, knitting, warm bath). If your mind is active or you are worrying about problems in your life engage in an activity requiring mental effort such as a crossword. By distracting yourself from worries you may find it easier to wind down and become sleepy.
3. Write a list before you go to bed of any worries that you have and then resolve to address this in the day time.
4. Go back to bed when you feel more relaxed and sleepy.
5. If you are still awake after a further 15 to 20 minutes of trying to sleep get out of bed again.

Tips for improving sleep long-term

When you wake up:

- Get out of bed as soon as you wake up. Do not attempt to make up for “lost sleep”.
- Try to get up about the same time each morning, about 7 - 7.30 am.
- Go outside into the sun.
• Do some physical activity, like walking to get the newspaper.

During the day:
• Do not nap. If you nap you will be less tired when you go to bed and it will take longer to fall asleep.
• If you are worrying about things during the night, identify the problems that are causing you stress and set aside time during the day for problem solving. Ask your GP about the technique of "structured problem solving".
• Aim to be active in the early morning or late afternoon - it helps set your body's daily clock.

Late afternoon:
• Avoid drinking caffeine after about 4 pm. Try not to drink more than two cups a day of caffeinated drinks (e.g. coffee, strong tea, cola).
• Be active while the sun is up.

Before going to bed:
• Avoid going to bed too early, (not before 10 PM) it is not the right time for deep sleep.
• Avoid using alcohol to help you sleep. Alcohol is broken down in your body and causes you to sleep less deeply and wake more frequently.
• Do not smoke within an hour or two of going to bed. Smoking stimulates your nervous system.

Avoid taking sleeping pills. If you do need sleeping pills, try not to take them for longer than a week because they are addictive.

• Do not go to bed hungry or with a full bladder.
• Regular exercise can improve sleep, but avoid vigorous exercise late in the evening.
• Allow yourself time to wind down before bed. If you are working or studying, stop at least 30 minutes before bedtime and do something relaxing.
• Use your bed only for sleep and sex! Avoid reading or watching TV in bed because by the time you turn off the light your body may be restless since it has been lying in bed for a while.
• Avoid taking sleeping pills. If you do need sleeping pills, try not to take them for longer than a week because they are addictive.
• Consider using a sleep diary. It would help you to observe your sleep pattern and may help your doctor with management.

While you sleep:
• Try to make your bedroom quiet, dim and cool.
• Avoid too many blankets and electric blankets. Too much heat stops deep sleep.

Other treatments for poor sleep

Hormone Replacement Therapy:
Women faced with significant symptoms at menopause may consider hormone therapy (oestrogen and progesterone).
• Hormone replacement therapy may relieve many menopausal symptoms including sleep disturbance.
• The decision to take these hormones should be based on the woman's individual needs and attitude to the possible risks. (see AMS HRT pamphlets)

Alternative therapies:
Many women would prefer to use alternative or herbal treatments rather than prescribed medications.
• It is unclear how effective these are in sleep disturbance.

Other prescription medications:
Other, less commonly used medications may help at this time.
• Antidepressants: Where depression or anxiety is present, antidepressants may be helpful in improving sleep.
• Sleeping pills, such as benzodiazepines (e.g. temazepam), are not recommended for regular use because of the high risk of addiction. Zolpidem is an alternative sleeping pill (not a benzodiazepine) which is sometimes used short-term for insomnia. However it should be avoided when sleep apnoea is present.

Information Sheet by Australasian Menopause Society Members and other health professionals
Festivities of India

FESTIVITIES OF INDIA
India is a country of festivals and celebration. It has a very rich historical and cultural background. Each Indian festival has a proper meaning, reason and significance behind its celebration. Fun and enjoyment are the aspects of the festivals, which sets the festive mood.

NAVRATRI
The Hindu festival of Navratri, which extends for nine days, is celebrated with gusto in different regions of the country. In the eastern state of West Bengal, the festival takes the shape of Durga Puja, when the devotees of the deity celebrate the triumph of good over evil. There, Ma Durga is worshipped as Goddess Shakti. In north India, Maharashtra and Gujarat, people observe a seven day fast during Navratri and break their fast on Ashtami (the eighth day of the festival) by worshipping young girls. However, some people observe fast until the Ashtami and break their fast only on Navami (the ninth day. Navratri is celebrated in myriad ways, by the Hindus across India. The celebrations seen in north India would be exactly the opposite of the merrymaking of people in South India. The mood of people in the eastern state of West Bengal is entirely different during the festive season. While in the western state of Gujarat, it is a nine-day carnival, with glowing city lights, scintillating dance performances and grooving music. The performance of Garba, a popular folk dance of Gujarat, is the highlight of the celebrations of Navratri in the state.

music. Saraswati Puja is conducted on the day, when the formal commencement of education of small kids takes place. It is called 'Vidya aarambham'.

KARVACHAUTH
According to Indian tradition, marriage introduces the responsibilities, privileges and rights of a husband and wife towards each other. In a traditional hindu family, husband is the earner and the protector of the family whereas the various duties of a wife involve proper care, nurturing, education and continuity of cultural heritage of the family for future generations.

Indian women keep various fasts to show her respect and affection for her husband. They pray for a healthy and prosperous marital life. In different regions, these special days are known by different names. Some of them are mentioned below.

Karwa Chauth - Karwa Chauth is the most popular festival among married women. It is widely celebrated throughout North India. Having an extraordinary observance rate among married Hindu women, the fast of Karwa Chauth

DUSSEHRA
The tenth day is the Vijaydashmi (Vijay meaning 'victory' and Dashmi meaning 'tenth day), this is populary known as Dussehra a popular festival celebrated by Hindus all over India, albeit with different names. It signifies the triumph of good over evil. It is believed that it was on this day that Lord Rama killed the demon-king, Ravana and rescued his abducted wife – Sita. Bengalis celebrate Dusshera as a part of their main festival - Durga Puja. This day marks the end of Durga Pooja celebrations, the preceding nine days being collectively referred to as 'Navratri'. In the southern states of Tamil Nadu and Kerala, Vijayadashmi holds special significance. The day is considered auspicious for starting education or any form of art, such as dance and
is undertaken by married woman seeking the welfare and prosperity of their husbands. Karwa Chauth is celebrated as a grand festival amongst the entire North Indian community settled either in India and other parts of the world. The festival falls on the Kartik ki Chauth which means the fourth day of the wanning moon or dark fortnight of Hindu month of Kartik. According to English calendar, the month corresponds to October or November. The festival is comes about nine days before the festival of Diwali.

The important aspect of Karwa Chauth is that a dawn to dusk fast is undertaken by the ladies and they finally break the fast after seeing the moon. The fast is unique in itself because nowhere in this whole world does a wife go without food or water just to pray for the long-life and well-being of her husband. The fast begins before sunrise and ends only after offering the prayer and worshipping the moon at night. The fast is broken once the moon is sighted and all the rituals have been performed. Women offer water to the moon and break their fast at night...

Married women start preparing for Karwa Chauth pooja a day in advance. They buy shringar or traditional adornments and other pooja items like karwa, matthi, heena etc. Early in the morning, before sunrise, they prepare food and have it. The morning passes by in other festive activities like applying heena on hands and feet, decorating pooja thali and meeting family and loved ones.

In the evening, women gather at a common pooja place like temple or someone's house who has arranged the puja. An elderly lady or ‘pujarin’ narrates the Karva Chauth legend and all ladies listen to the katha. The essentials of this gathering and listening of the Karva chauth story includes a special mud pot, that is considered a symbol of lord Ganesha, a metal urn filled with water, flowers, idols of Ambika Gaur Mata, Goddess Parwati and some fruits, mathi and food grains. A part of this is offered to the deities and the storyteller.

**Vat-Savitri Puja** - This festival is generally observed on Vata Poornima, the full moon day of Jyestha in states of Bihar, Uttar Pradesh, Delhi and Orissa. On the auspicious day of Vat Savitri puja, married women pay honor to the Banyan tree and Savitri, the legendary chaste wife who fought with death to recover the life of her husband.

**Teej** - Teej is another Hindu festival that is celebrated Rajasthan, Uttar Pradesh, Bihar, Orissa and Madhya Pradesh is keeping a fast for the entire day. The word for fasting i.e. Upavasa itself means to move near to the Supreme. The festival shows that women religiously participate in the rituals in order to achieve an effective marital life.

**Mahashivratri** - As the name implies, Mahashivratri is a day to recall the legendary tale of the Shiv lingam and about the legends and beliefs associated with Shivatri. The festival is mainly celebrated by married women as well as unmarried girls looking for a perfect match. Throughout India (major states include Uttar Pradesh, Rajasthan, Bihar, Maharashtra.

**Gangaur** - The festival of Gangaur of Rajasthan, Gujarat & Bengal held about a fortnight after Holi to honor Goddess Parvati, the consort of Lord Shiva. Girls move towards the temple of Gauri for the ceremonial bath of the deity who is then bedecked with flowers.

**Karadaiyan Nombu** - Karadaiyan Nombu an extremely important festival of Tamil Nadu, Karnataka, Kerala and Andhra Pradesh for all the married women of Southern region in India. The festival is known for its religious and philosophical connotations. Nombu is to observe certain norms and offer our prayers accordingly.

**Varalakshmi Vratham** - All the married women perform the pooja of Varalakshmi Vratham and get the blessings of Goddess Lakshmi for a happy and prosperous marriage in the states of Tamil Nadu, Maharashtra and Karnataka.
With the increased life expectancy today, woman spends one third of her life after menopause. Most of the time till she is over 40, she leads busy life and when she reaches menopausal age, the time when her life should be most enjoyable as the children are grown up and she finds herself with more time to pursue her own interests, menopause can cause disturbance. Numerous symptoms of menopause can prove to be quite debilitating causing problems both at home and at workplace. Symptoms such as anxiety, irritability, depression, mood swings, hot flushes, night sweats, headaches, aches & pains, sleeplessness, bloating, tiredness, weight gain, forgetfulness, lack of concentration, urinary frequency, vaginal dryness and sexual problems can make her life miserable.

The word ‘YOGA’ has been derived from Sanskrit word ‘yuj’ which means to unite. Yoga unites mind and body: soul and God (atma with paramatma). Patanjali muni, the father of yoga defines yoga as ‘yogah shitta writti nirodhah’. Apart from its spiritual philosophy, Yoga has been utilized as a therapeutic tool to achieve positive health and control and cure disease. Studies on the effect of yoga on some ailments like asthma, hypertension, diabetes and obesity have been carried out. The exact mechanism as to how yoga helps in various disease states is not known. It has been suggested that there could be neuro hormonal pathways. Since last few years, yoga has spread around the whole world and has been studied so as to help people to cope up with various other health conditions including menopause.

Objection is commonly raised about feasibility of beginning to perform yoga after the age of 40. Yoga does not mean only asana. Actually yoga is a way of life. Asana is one of the eight arms of yogic practices, the other seven being yam, niyam, pranayam, pratyahara, dharana, dhyana and samadhi.

Most commonly performed yoga practices are postures (asana), controlled breathing (pranayama), meditation (dhyana). Yam and niyam describe practices to be followed at individual level so as to maintain social health (yam) and self improvement (niyam).

Yam stresses on ahimsa (not to hurt anyone physically, by thoughts or by words), satya (be truthful), astey (not to steal anything), bramhacharya (to control the wishes), aparigraha (avoid collection of worldly unnecessary things).

Niyam stresses on shouchya (purity of mind, body and words used), santosh (satisfaction), tap (ascetic way of living, try hard), swadhyaya (self study) and ishwar pranidhan (to remember and be always grateful to the creator of this world).

Reduction in menopausal stress through integrated approach of yoga therapy is achieved by practice of deep relaxation at somatic level by different postures (asanas), slow controlled breathing to decrease respiratory rate...
Asana - Asana is a Sanskrit word used to describe a position of the body. It is defined as steady & comfortable posture. Traditionally, many asanas are practiced in Hatha yoga primarily to achieve, better physical and mental health. There are around 84 asanas, each one has a special name, special form and a distinct way of performing. Asanas have an extra ordinary capacity to overhaul, rejuvenate and bring the entire system into a state of balance. In different studies, the postures chosen are based on effectiveness in relieving menopausal symptoms. The nature of these poses and the associated deeper and slower breathing patterns would physiologically reduce women’s oxygen consumption while stabilizing blood pressure & heart rate.

It is important to remember that yogenic practices need consistency. It is not a one day job. Even if one is not able to perform the asana perfectly, it doesn’t matter. What matters is to perform the asana ‘yathashakti nirantaram’, that is as much as is possible but with consistency or regularity.

The different asans which are of particular benefit to the women are Dhanurasan, Bhujangasan, Naukasasan, Sarvangasana, Viparit karani, Shalabhasan and Shashankasan. These asanas should be performed daily. In order to get full benefit of the asana, each asana should be done with full involvement of mind and duration can be increased gradually.

Asana is not an exercise, nor is it a replacement for exercise. Benefits of asana and exercise are complimentary to each other. The difference between asana and exercise is as follows -

<table>
<thead>
<tr>
<th>S no</th>
<th>Yogasana</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Involvement of body and mind</td>
<td>Only body is involved</td>
</tr>
<tr>
<td>2</td>
<td>Slow speed with minimum movements</td>
<td>Speed fast</td>
</tr>
<tr>
<td>3</td>
<td>Calori loss is less 3-8 cal/ min</td>
<td>Calori loss is more, 3-20 cal/ min</td>
</tr>
<tr>
<td>4</td>
<td>respiration, heart rate, blood circulation etc are balanced and normal</td>
<td>Increase in heart rate, respiration, blood circulation etc</td>
</tr>
<tr>
<td>5</td>
<td>feeling of freshness after yogasana</td>
<td>Exhaustion after exercise is common</td>
</tr>
<tr>
<td>6</td>
<td>Appetite remains normal</td>
<td>Appetite is increased</td>
</tr>
<tr>
<td>7</td>
<td>Parasympathetic nervous system is involved</td>
<td>Sympathetic nervous system is involved</td>
</tr>
<tr>
<td>8</td>
<td>Minimum stress on muscles</td>
<td>More stress on muscles</td>
</tr>
<tr>
<td>9</td>
<td>Endocrine system is affected</td>
<td>Endocrine system is not affected</td>
</tr>
<tr>
<td>10</td>
<td>Helpful in physical and mental disorders</td>
<td>Contraindicated during illness</td>
</tr>
<tr>
<td>11</td>
<td>No need of any equipment</td>
<td>Equipments may be required</td>
</tr>
<tr>
<td>12</td>
<td>Can be performed by anyone at any time and at any place</td>
<td>Restrictions under certain situations</td>
</tr>
<tr>
<td>13</td>
<td>Possible to maintain regularity</td>
<td>Difficult to maintain regularity</td>
</tr>
</tbody>
</table>

Pranayama is a Sanskrit word meaning "restraint of the prana or breath", which is often translated as breath control. Several researchers have reported that pranayama techniques are beneficial in treating range of stress disorders. Practice of pranayama develops a steady mind, strong will power and sound judgment. Pranayama strengthens the lungs, improves their function and enhances the lung power. It improves the defense mechanism of the body, slows down mental chatter and infuses positive thinking.

Meditation is a process whereby consciousness looks in and acts upon itself. The aim of meditation is to help still the mind and to practice some form of contemplation or introspection. Meditation has been found to be associated with increased plasma melatonin level and improve sleep quality, particularly if done in the evening before rest.

Omkara chanting of ‘Om’ every day prevents the effect of aging. Modern science has done lot of research on physical changes with aging and research is still continued. Molecular bioogy is a special branch and it has shown that with aging, the capacity of functioning of DNA is reduced. Research has shown the relation between aging and RNA of the cells. The micro particles in cell are continuously undergoing a movement called Brownian movement. As age advances, this movement is reduced and thus one gets old. Research has shown that with chanting of ‘Om’, the sound waves create positive effect and prevent the slowing of movement of these micro particles and thus the ill effects of aging. One should sit quietly every day and chant ‘om’ for at least 10 minutes so as to bring about inner calm.

A unique study was carried out at Janardan Swami Yogabhyasi Mandal, a yoga institute in Nagpur, rendering free services to the public and conducting various activities concerned with yoga, research being one of them. In this study, the effect of yoga on menopausal symptoms was assessed after conducting three months camp for menopausal women where they were called daily for an hour in the morning to perform yoga practices under expert supervision. This study has come out with very promising results, thus proving yoga as one of the best alternative non pharmacological therapy for menopausal symptoms.

Thus our age old therapy, yoga, which is free of cost, without side effects, without any need of monitoring, which can be performed by any person, at any time, at any place and which is highly effective is strongly recommended to all women of menopausal age.

Dr Sulabha Joshi Consultant Gynaecologist, Chapter Secretary, Indian Menopause Society Nagpur
Premature Menopause & its Management

Premature menopause is a condition in which a woman stops menstruating completely before the age of 40 years. Sometimes this can occur as early as 30 years leading to various problems related to health and reproduction in the affected women.

The ovaries have two functions, the first being to produce eggs for fertility and the second, to produce reproductive hormones. The ovaries make three types of steroid hormones: testosterone, estrogen and progesterone. The ovaries are most active during the ages of 20-30 years.

Global statistics suggest that approximately 1-4% of women stop ovulating and menstruating before the age of 40 years and those women who reach menopause prior to the age of 40 years are considered to have premature menopause.

The causes of premature menopause may vary from person to person, the commonest causes being:

- Ovarian Surgery, anti-cancer drugs or radiation therapy for cancer
- Genetic disorders like turners syndrome, swyers syndrome
- Infections like mumps, tuberculosis etc
- Environmental toxins like tobacco etc
- In 5-30% of cases there may be a family history

In many cases the cause remains unknown. Women who attain premature menopause at a relatively young age, face various problems.

- They stop menstruating and ovulating at a young age, hence natural conception is hampered leading to infertility.
- Due to lack of reproductive hormones there are many long term health issues.
- Psychologically a woman gets disturbed because she is no longer menstruating as her contemporaries are, and it makes her feel older. Added to that she has various symptoms related to estrogen deficiency.

Infertility: Due to the absence of good quality eggs, infertility becomes a major consequence of premature menopause. A very small percentage of women may spontaneously become pregnant, but there are no medical investigations to predict which of these women would conceive.

Health related issues: Women with premature menopause are at increased risk of osteoporotic bone fractures, atherosclerotic heart disease, cancer of the colon, Alzheimers and Parkinsons disease. All these conditions are related to a low estrogen state. The risk is similar to that seen after natural menopause.

Symptoms: Due to the hormonal changes following premature menopause, a women may get hot flushes, have mood swings, get irritable develop insomnia or may also go into severe depression.

Hormone Replacement Therapy is absolutely necessary in these young women, contrary from women who have reached natural menopause in whom it is optional.
Diagnosis

Clinical presentations

• The first symptom is absence of periods.
• Due to her low levels of estrogen, she may have mood changes in form of irritability, emotional lability, depression etc. She may also have hot flashes, decreased sex drive, fatigue, night sweats, vaginal dryness or palpitations. I have seen such women being treated by various specialists such as psychiatrists, cardiologists, neurologists etc. when all they need is a little of estrogen therapy.

Investigations

• Measurement of hormones is the key to the diagnosis.
• Rise in serum follicle stimulating hormone (FSH) levels. A value >40u/l is suggestive of menopause.
• Low levels of estrogen (<20pg/ml)
• Low Serum Anti-Mullerian Hormone (AMH) levels suggestive of poor ovarian reserve.
• Serum prolactin and thyroid levels need to be done to rule out the common causes of amenorrhoea
• Chromosomal analysis to rule out a genetic disorder.
The hormone profile needs to be repeated on three occasions at least one month apart, because in certain instances the ovaries may return to normal after a phase of low activity.

Ultrasound

On ultrasound, the ovaries are smaller than normal, the ovarian volume being less than 3 ml. Hardly any follicles are seen in the ovaries and the endometrium is thin, less than 5 mm in thickness.

Management

This depends on how the patient presents to her doctor. If she has a problem of infertility, then she is investigated further accordingly and counselled. If she has menopausal symptoms then the symptoms are attended to with the appropriate therapy. And if she has no problems, she is still advised further management in order that she does not have a poor quality of life in her later years due to the aging process starting prematurely.

Management of Symptoms of Menopause and prevention of long term health risks

Women who experience symptoms are managed with supplements and hormone replacement. A wide range of HRT preparations are available for estrogen replacement including oral, transdermal, subcutaneous and vaginal routes of administration. The choice of estrogen is made on an individual basis. These women will need hormone replacement at least till they reach an age of natural menopause (in order to avoid premature aging).

Hormone replacement therapy is absolutely necessary in these young women, contrary from women who have reached natural menopause in whom it is optional. The benefits and risks of HRT are discussed in another chapter in this same issue. One must remember, that in cases of premature menopause the benefits of hormone therapy definitely out weigh the risks.

Intake of calcium and vitamin D, avoidance of smoking and alcohol abuse also help to prevent osteoporosis. Affected women are counselled to carry out weight bearing exercises and to have a balanced nutrition.

Once a woman is found to be menopausal, whatever maybe the cause or at whatever age,, we advise her to undergo all the necessary investigation done in a postmenopausal women.

After the age of 30 years, there is a slight decline in number and quality of eggs. Hence the probability of pregnancy also decreases a little, but definitely gets affected by the age of 37 years and over. By the age of 50yrs, the function of ovaries is affected to such an extent that the woman stops ovulating and menstruating completely and menopause sets in. This is the reason why we recommend women to complete their families before the age of 35yrs. When this process is accelerated by one or more factors (known or unknown), it results in premature menopause.

Conclusion

In the fourth decade, many women are happy when they stop their periods i.e. when they reach menopause. Unfortunately there are some women, about 1%, who reach menopause before the age of 40 years. These are the women who suffer from “Premature Menopause” and this condition definitely requires management and should not be considered as a “Good riddance” situation!

Counselling plays a very important role in management of premature menopause. Modification along with lifestyle, regular exercise and dietary changes can go a long way. Equally important is the support of the family to overcome this stressful condition.

Dr Duru Shah Indian representative to International Menopause Society, past president Indian Menopause society
मिनोपॉज– महत्वपूर्ण जानकारी

रोग का अभ्यारोपित मिनोपॉज संघाटन (International Menopause Society) ने मिनोपॉज प्रतिक्षा Vasomotor symptoms (VMS) की उपजाऊत के लिए गतिविधियों को उपयोग करने का एक धारणा है जो कि मिनोपॉज संघाटन (International Menopause Society) ने तत्कालीन में प्रदान किया जो कि छूट उपयोगी है ईजाहिम मिनोपॉज संघाटन (I.M.S.), प्राचीन शक्ति के साथ जो वह तत्कालीन छूट अवधि में है जिसे विशेषता से ना कि पहुँच का प्रयोग करता है।

रोजमर्रा की कहानी?

मिनोपॉज प्रतिक्षा या विपरीत कोई बेहद देर नहीं है। कलेसट एक पर जीवन ने अपने बाहर एक नए की जानकारी की है जो कि किसी नवीनता (Overdue) में उठाने जाते हैं। हिटलर भूखियों और प्रोटोटिपियों ने अपने बाहर हैं। प्यार का जिला क्रम में उठाने जाते हैं। यह नए बाहर हैं। चाहिए कि वह अपने प्राप्ति के अपने वेतन की जानकारी है। यह अपनी मात्राओं का तत्कालीन रूप से 45–55 वर्ष की आयु में रोजमर्रा कहीं जाती है।

रोजमर्रा के रूपांतरण

रोजमर्रा–प्रति दिनों से ड्राइविंग जानकारी में तभीृताई (Hot Flash) और (Night sweats) विपरीत किया जाता है। जिस दरमा में है 30% रुपये ने प्यार का जिला विनियम का जिला का विनियम। प्रोटोटिपियों की बाहर हैं। बाहर की बाहर नदियों की ड्राइविंग रुपये तथा हैं। आयु के बाहर हैं। ड्राइविंग का ही ताल क्रम पर प्रोटोटिपियों आयु। बाहर नदियों के प्राप्ति का ड्राइविंग क्रम निर्देश लेने के स्थान पर नदियों में अपने बाहर है। प्रोटोटिपियों का ड्राइविंग रुपये तथा हैं। बाहर की बाहर नदियों की ड्राइविंग क्रम पर प्रोटोटिपियों आयु।

रोजमर्रा के केंद्र देखने में स्वरूपित किया जाता है। रोजमर्रा के केंद्र देखने में स्वरूपित किया जाता है। रोजमर्रा के केंद्र देखने में स्वरूपित किया जाता है। 60 पर्यावरण नदियों में 1–2 हजार तक इसकी सर्वश्रेष्ठ में बाहर हैं। इस विनियम के 20 पर्यावरण नदियों में तभीृताई की जानकारी है। जिसके 60 पर्यावरण नदियों में तभीृताई की जानकारी है।

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मिनोपॉज रोजमर्रा और एक्स्ट्रोगन (लोकल प्रोस्ट्रोगन) के एक महत्वपूर्ण नदियों का है। इसके तथा है।

रोजमर्रा के प्रति दिनों से ड्राइविंग बाहर है।

यह नदियों के लोकल प्रोस्ट्रोगन (Local Progesterone) से निर्देशन करने में स्वरूपित किया जाता है। जिसमें प्रोटोटिपियों ने प्यार का जिला प्रोटोटिपियों की जानकारी है। उनके प्राप्ति का निर्देशन किया जाता है। इसी तरह से प्रोटोटिपियों का प्राप्त करना जाता है।

रोजमर्रा के प्रति दिनों से ड्राइविंग बाहर है।

रोजमर्रा के प्रति दिनों से ड्राइविंग बाहर है।

ही नदियों के प्रति दिनों से ड्राइविंग बाहर है।

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ही नदियों के प्रति दिनों से ड्राइविंग बाहर है।
HRT से होने वाले अंकाब्रोक्स

• इन्हें आरोग्य विज्ञानमें यथायोग्य तरीके से लेकर घरेलू प्रयोग से होते हैं। कुछ उपभोक्ता बच्चों को किसी एक साइड इफेक्ट से है जो प्रयोग में नहीं होता है जिसे काफी जाना जाता है।

• इस कारण ही आपके स्वास्थ्य की स्थिति का जीनियस अपने दवाओं से प्रभावित होता है। यह दवा में जोड़ा हुआ हो, तो उसका अनुपात किसी एक दवा से ही होता है।

• स्वास्थ्य नुसार नियामक नियमों में इन्हें बच्चों हेतु विशेष दवा विज्ञान (WHO) अंडर गठन के जितने ही स्वास्थ्य के लिए हैं।

• यह विश्व विभाग का नियम है कि हर दवा हो, जो दवा की स्थिति का संदर्भ में नहीं हो सकता है। इससे दवा की स्थिति का संदर्भ में नहीं हो सकता है।

• वितरण का भाग विशेष अंकाब्रोक्स का डायरेक्ट है जो विभिन्न अंकाब्रोक्स का डायरेक्ट है।

• इन्हें आम तौर पर अंकाब्रोक्स नहीं है क्योंकि वह अंकाब्रोक्स का डायरेक्ट है। इन्हें आम तौर पर अंकाब्रोक्स का डायरेक्ट है।

• 15 पृष्ठ के प्रयोग के बाद यह विश्व विभाग का प्रयोग नहीं है।

• इन्हें आम तौर पर अंकाब्रोक्स नहीं है क्योंकि वह अंकाब्रोक्स का डायरेक्ट है।

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विश्व मेनोपॉज दिवस पर विशेष
मेनोपॉज विषयक पर चालीस पार महिला स्वास्थ्य
संभाल पर वनी फिल्म 'सुमंगला' — एक अनूठा प्रयास
उसकी आयु 40 वर्ष से अधिक हो और लगभग एक से भी
अधिक वर्ष तक उसका मालिक न आये। यदि वा समय है
जब मालिक के आम शीर्ष-शीर्ष का होता हुआ एक दो साल
के अंदर विचलित ग्राहक हो जाता है। नयी अवसरधारा
और स्वतंत्रता की आर्थिक के अनुसार, भारतीय महिलाओं
अमूर्त दे 44 से 47 वर्ष की आयु के बीच मालिक दादा
में व्यक्त हो जाता है।

रजनीमुखी का कारण एस्ट्रोजेन नामक हामीं का गर्मी का
उत्तर में घट जाता है। एस्ट्रोजेन लगाता आने वाली ग्राहक की विशेषता
द्वितीय में ये परेशानियों कम ज्ञाता होता है। व्यक्त
परेशानियों आते समय के लिए होते हैं और व्यक्त
उत्तर न्युनतम समय के लिए। खाद्य समय के लिए होते हैं
वाली परेशानियों के लक्षण मामूली है।

मानविक परेशानी—जैसे डिप्रेशन, अनेक, उत्स
जनन, वैक्टिन, ठोसहिट्डांग, बांगकरी और नोटें
दिखाई।

शरीर के अंगर गर्मी या आम ता लगना, यौन नामों
इलेक्ट्रोन और पेशा संबंधी गड़बड़ी। कुछ लक्षण जबकि
समय तक चलते हैं जो रजनीमुखी के व्यक्त वर्ष बदल तक
विकास होते हैं, जैसे—

1. वॉस्टोपॉरोसिस, जिसमें हड़प्पे बड़बड़ता हो जाती
है तथा डायरों के स्वस्त या मिट्टे से भी लक्षण तक
होती है। रजनीमुखी के बाद 30 से 40 प्रतिशत हड़प्पे जो
वॉस्टोपॉरोसिस हो जाता है।

2. इंसान भौमी और।

3. अस्ट्रोफॉम अर्काइडिटिस, जिसका कारण जोड़ी में दर्द
होने मुल्या है।

4. महत्वपूर्ण साथ—साथ मर्दिन की विशेषता
शीर्ष-शीर्ष कम होने मुल्या है। जिनसे समय चलता भी
कम होने मुल्या है।

युवा लक्षणियों अपनाकर इन लक्षणों की संक्रमण की
जा सकती हैं, जैसे—

1. महत्वपूर्ण अज्ञात मनोरंजन रखने।
2. रात में दूर रहे।
3. निर्मित व्यायाम करे।
4. आपने शरीर के काम करते आपना आसक्त रखने।
5. चाय और प्राणधारण कर।
6. उपजा भोजन, कच्ची राजमी, रात्रि खाये।
7. धीरे-धीरे व्यायाम करे।
8. अपने डॉक्टर की सलाह में।

शरीर गर्म होना या डीट प्रोफेशन की समय का
समय के लिए—

1. नातेलार्ड भोजन, निर्मित, अल्कोहॉल, कोकी, चाय
अल्फे न मिलें।
2. दोज—ताले पूरी काफी पहनें।
3. लोगों से पहले गर्म पानी से स्नान न करें।
4. रोशनी पुकार खाफ़ा बतावें।
5. अपने डॉक्टर की चाला लेकर एस्ट्रोजेन रिस्केमेंट
दौरे कराएं।
6. विद्यालय—ई पुकार भोजन करें।

यौनिक में इलेक्ट्रोन भोजन कर दो डॉक्टर से सलाह
में, इसमें लाभदायी एवं ठीक हो सकती है; डॉक्टर इसका
साधन अथवा करने के लिए एस्ट्रोजेन रिस्केमेंट दौरे कराएं।
यौनिक के लिए कीम, धूमोंदेहार, एवं एंटिबाओमित्रिक
दे समय है।

पूरे समय विद्यार्थी के लिए व्यायाम से व्यायाम साफ़ होएं,
विकास व्यायाम करें और डॉक्टर की सलाह लें।

ऑस्ट्रोपोरोसिस का स्वावलंब उपचार है इसकी रोकथाम,
इसकी रोकथाम के लिए—

1. वॉस्ट्स, विद्यालय डी, अवस्थांक योग, तथापि से
सुना भोजन करें।
2. रोशनी भले, स्वास्थ्य बताए जैसे व्यायाम निर्मित
करें।
3. ऐसे व्यायाम न करें जिनमें हड़प्पे पर दबाव पड़े।
4. प्रमुख न करें।
5. शरीर न पियें।
6. एस्ट्रोजेन एवं एस्ट्रोजेन रिस्केमेंट दौरे के स्वार में
अपने डॉक्टर की सलाह लें।

व्यायाम—शारीरिक व्यायाम युवावस्था में कमी होने बनाए
रखने के लिए जरूरी होते हैं, उसी तरह व्यायाम वर्ष की
उम्र के स्वास्थ्य शरीर का व्यायाम एवं शुरूवात बनाए रखने
के लिए व्यायाम जरूरी है। हड़प्पे को गर्मकर दबाने एवं
टंकाई से बचने के लिए व्यायाम आवश्यक है। निर्मित
लेन गति लेने बसन एल्कोहॉल, योगांतर, शरीर की डी
निर्मित गति को भी बताए और तराईत रखें। व्यायाम
एवं योगांतर ताला मुक्तीप्राप्त जीने एवं शरीर की प्राचीन
कोशिका को जीवित रखें। बड़ी उभय दे साथ उभरती
विनियम स्वास्थ्य धार्मिक - इसलिए उम के साथ महिलाओं को नियम प्रतिष्ठापन बचाव, स्वास्थ्य धार्मिक एवं परमाणु लेने रहना चाहिए। उन्होंने स्वास्थ्य, आयुर्वेद, ग्रंथम इथियोपियन की नियमात्मक अपनाए राज्य के लिए दूसरी लंबाई से नियम रखना अति आवश्यक है। ऐसा नहीं भावना या कि नियमों के शासक द्वारा अवधारणा और नियमात्मक प्राप्ति निर्देशों के रूप पर जाति अथवा जातीयता से निर्धारित होंगी। अतः जीवन की सशक्त नई दिशा की जरूरत है।

भावना के लिए स्वास्थ्य महिलाओं को भी नजारे देखा जिसे इनके द्वारा इस्तेमाल नहीं किया जा सकता। यह नजारा स्वास्थ्य धार्मिकता के साथ-साथ जीवन के रूप में चक्रवृत्ति का विषय है।

एप्सिलोन प्रतिष्ठापन चिकित्सा - यह उन्नाति के साथ-साथ धार्मिक रूप से रजामीकृत हो जाने पर पार नहीं करता।

(हिस्टोरिया ओफिसन) में नूनोंज के प्रथम हिस्टोरिया के अभय को पूरा करने के लिए हामी निर्माण विभिन्न रूपों में प्रयोग करना पड़ा।

ज्ञान की जमीन एवं मिश्रित माध्यम एवं प्रामाण्य सूचीकरण में रहने के लिए उपयोग किया जाता है।
Women generally experience menopause between the ages of 45 and 55 years. Around the time of menopause some women may experience symptoms such as hot flushes, sweats, anxiety, dry vagina, loss of libido, irritability, headaches, poor memory, poor concentration, dizzy spells, and muscle/joint pains. Whilst education and lifestyle changes are important treatment approaches, many of these symptoms may respond to oestrogen therapy.

The following advice does not apply to ‘bio-identical’ lozenge or compounded hormone products which remain unregulated and inadequately researched.

Types of hormone (replacement) therapy (HRT)

- Women who have not had a hysterectomy are advised to take combined hormone (replacement) therapy (HRT) which contains oestrogen plus progestogen. This is because progestogen protects against the development of cancer of the endometrium (lining of the uterus).
- Women who do not have a uterus because they have had a hysterectomy should be prescribed HRT which contains oestrogen only.
- Young women who have had both of their ovaries and uterus removed may have oestrogen alone or may consider additional testosterone therapy. If the ovaries and uterus were removed because of endometriosis, both oestrogen and progestogen may sometimes be prescribed to avoid reactivating the endometriosis.
- Women who experience vaginal dryness, itchiness or painful intercourse may benefit from vaginal oestrogen treatment.

How the oestrogen-only hormones are taken

- Oestrogen is available as tablets, patches, gels or as an implant under the skin.
- Tablets are often used and are acceptable to most women.
- Women who have problems with absorption of tablets may respond better to non-tablet forms such as a patch, gel or implant.
- A benefit of using the non-tablet forms is the avoidance of effects on the liver. This may be beneficial for women with liver disorders or who have nausea with tablet therapy, and for women with high triglyceride levels (one of the fats tested with cholesterol). It may also lower the risk for deep venous thrombosis (DVT).

The benefits of HRT

- By reducing menopausal symptoms, oestrogen can improve concentration and quality of life.
- Oestrogen reduces the risk of post-menopausal bone fracture, including hip fracture. Oestrogen increases bone density.
- Oestrogen may improve mild depression symptoms; however moderate to severe depression will require other therapies apart from hormones.

Side effects of oestrogen-only HRT

- Common side effects, which are usually temporary, include breast enlargement, tenderness and nausea.
- Some women associate oestrogen use with weight gain; however studies show that oestrogen does not cause weight gain. Women going through menopause have a tendency to gain weight due to their body’s metabolic changes and a less active lifestyle.
The risks of oestrogen-only HRT

• All drug therapies have potential side effects. Every medication needs to be used for a reason.

• Breast cancer is an important risk factor to consider when using HRT. Other risk factors for breast cancer are family history in a close relative, increasing age, obesity, late or no pregnancies, and moderate alcohol consumption. Early onset of periods or late menopause (over the age of 55) which increase lifetime exposure to oestrogen, are also associated with increasing risk of breast cancer.

• Studies indicate that the risk of breast cancer does not increase in women who have taken oestrogen alone for up to six and a half years. Presently there are no studies published on the effect of oestrogen on breast cancer risk beyond seven years; however community studies have shown that breast cancer risk may increase after 15 years of use.

• Women who experience menopause at a younger age (under 40 years) have a lower risk of breast cancer and any effect of using HRT is unknown. Current recommendation is to use HRT until the age that a woman would usually experience menopause (51 years).

• The Women’s Health Initiative (WHI) study conducted in the United States investigated the effect of conjugated equine oestrogens on the risk of chronic disease in women who had a hysterectomy. A small increase in stroke was reported. However there was no increased risk or benefit in heart disease.

• The use of oral oestrogen is associated with an increased risk of blood clots, particularly as women age.

• In older women, the use of oestrogen is associated with increased risk of gallbladder disease.

Managing the risks

• Women considering oestrogen use are recommended to have a pre-treatment breast check and mammogram. Regular examinations and mammograms are essential.

• A decision to use oestrogen should be reviewed annually by the woman in consultation with her doctor. Personal benefits versus risk should be discussed.

• Oestrogen should not be used to protect against heart attack and stroke.

• If significant menopausal symptoms are present short-term use of oestrogen is recommended. Use of the lowest dose that relieves symptoms should be considered.

• Women who do not have symptoms but require treatment to reduce their risk of osteoporosis should consult a physician to discuss all treatment alternatives.

• If a woman using oestrogen develops symptoms suggesting a DVT (a clot in the leg) she should seek medical attention promptly.

• If you are anticipating a period of prolonged immobilisation (e.g. undergoing major surgery or going on long haul flights or other travel over six hours) which can increase your risk of developing blood clots, please talk to your doctor.

This fact sheet has been developed by the Australasian Menopause Society in partnership with The Jean Hailes Foundation for Women’s Health Updated April 2008
Is Menopause round the corner?

Are you over 45? and you suffer from:

- Hot Flushes
- Night Sweats
- Irregular Menses
- Irritability

Consult your Gynecologist for a smooth transition
Suffering in silence...

Are you over 45 years and suffering from

- Vaginal itching
- Vaginal burning
- Pain during sexual intercourse

Relief is possible
Consult your Gynecologist

Issued in public interest by Wyeth