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Climacteric Disorder among Women: A Qualitative Review

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Abstract

The climacteric is a wide phenomenon. Women of entire world go through it at their own level. It's a topic on which women hesitate to talk openly. It include breast tenderness, uterine bleeding, arthralgia, hemorrhage, changes in emotional level such as facing depressing, emotional breakdown, irritability and other. Other than such emotional breakdown nausea, vomiting, headache, gaining or losing weight is common problem associated to climacteric disorder. The purpose of the present study is to assess the Climacteric disorders among women such as during menopause whatever a women or girl face mentally or physically. This is mainly done in women when they reached at the age of 12 to 48 worldwide. For completing the study two objectives has been taken. First Objective of study is to analysis the symptoms which lead Climacteric among women such as Vaginal problems, Breast changes, Behavioral problems, Weight gain, Problems in the urinary tract etc. and second Objective is to identify the variables which effect Climacteric these are Physical variables (lack of energy, joint soreness, stiffness, back pain etc.), Psychological variables (anxiety, poor memory, inability to concentrate) and Vasomotor variables (hormone estrogen fall etc). Secondary source of method or data is used to deal with the theme of paper. Sometime the word climacteric is interchanged with term menopause and all these changes are high during the period of menopause among women.

Biography

Amandeep kaur research Scloar panjab University Chandigarh India. I did my bachelor In 2009. I did master in physical education 2011 . Now I doing phd . Soon I will do my thesis . After that I will work in my own profession .

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