

## The Complications of Menopause

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### DESCRIPTION

Menopause is a decrease of menstrual period and decreasing and loss of ovarian follicular activity. Menopause is natural event in anatomical and physiological changes in which form the female climacteric. Menopause is approach associated with ovarian follicle activity. Common female ovaries contain 70,000. Ovarian follicles at birth .in that 500 are them will be ovulated, and when women getting aged the follicles getting fallen to zero and rate of follicles gets loss when women getting 40-50 age possibly due to degeneration of the earliest follicles. And ovarian functions include the major functions .one is production of eggs and hormone secretion. They both change when women getting aged. Menopause is considered when severe amenorrhea occurs after 12months of your last period .so permanent loss of ovarian function occur. The common age of menopause is 51 years and it is discovered as the menopausal transition a period when, endocrine, and biological, and clinical features of appearing of menopause. Women mostly having their last third of their lifetime and 25%of their life in menopause and, after their reproductive have been ended. Menopause changes having few or less or no symptoms. Meanwhile some women have significant and even disabling symptom. Natural menopause is identified to having after 12 months of [amenorrhea,] and there is no exact cause as pathological [or] physiological. Menopause is started when the final menstrual period occurs after 1year or 12months of your last menses cycle. Most of the menopause women will experience small and even changes in sexual function during the before and after the menopause condition. Menopause women experience common sexual complications in this include loss of desire and decreasing the sexual responsiveness and dysfunctions in the male partners also. Osteoporosis in menopause is a disease condition decreasing of skeletal mass and micro architectural deterioration of skeleton and it leads to osteoporotic fractures and risk of spine and hip fractures. Decreased levels of ovarian hormone production may have risk for the osteoporotic fractures, so that causing the skeletal reabsorption and decreased bone formation. The most

prevalent menopausal symptoms were joint pain and muscular discomfort, physical mental exhaustion, and hot flashes. Natural menopause occurred at age of 48.7years. During menopause, women experience different symptoms like hot flashes, night sweats. menopause is common event for women. The most severe and dangerous symptoms are having women in menopause stage and these symptoms will effect women and their, overall quality of life.

Hormone replacement therapy is most effective and useful treatment for menopausal women and it is known to be useful and maintain quality of life and control the symptoms in menopausal women. And another is exercise it has been offered an alternative treatment option for alleviating menopausal symptoms, including physiological vasomotor [like hot flashes] and somatic sexual symptoms. And the menopausal and hormonal change is associated with variety of symptoms, which can affect the morbidity. Generally vasomotor symptoms are most commonly reported, but vaginal dryness/dyspareunia, sleep difficulties, poor sleep and mood changes have been all are severe in women approach or entered in menopause. At the stage of menopause women are having many changes like, they having hormone changes and sexual responsiveness and decreases the orgasms and these changes are reason for many health conditions like women menstrual cycle and urinary disturbances and postmenopausal osteopenia and osteoporosis. In preventing menopausal disease is only with estrogen hormone replacement therapy and the use of EHRT is has been well documented. Decreases in ovarian hormones that occur with menopause have been implicated in these. Systemic vasomotor symptoms are classic cluster affecting 80% of perimenopause and postmenopausal women. Menopause can be distressing and disruptive time for many women, with variety of symptoms. Menopause is considered as three stages: perimenopause and menopause and post menopause. perimenopause is starts from 8-10 years before the menopause and menopause is considered when periods have been stopped and post menopause is not having period after 12months or more.

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