

# Early or Premature Menopause Occurrence and its Treatment

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## INTRODUCTION

In a woman with previously normal menstrual cycles, menopause is defined as the cessation of menstruation for a year or six months. Menopause can occur at any age between 40 and 55 years old, depending on hereditary and environmental factors. Early menopause or premature ovarian insufficiency refers to the cessation of periods before the age of 40. 1 to 3.7 percent of women experience early menopause or premature ovarian insufficiency.

## Reasons Why Few Women Experiences Early or Premature Menopause

**Genetic factors:** The age at which a woman enters menopause is largely determined by her genetic makeup. Most women reach menopause around the same time as their mothers or older siblings. When no explanation for premature menopause is detected, a comprehensive history reveals a similar age of menopause in the mother or an older sibling in 30% of women. However, chromosomal disorders associated to the X chromosome, such as Turners syndrome and Fragile X syndrome, can lead to a malfunction in the development and function of the ovaries, resulting in early menopause.

**Environmental causes:** Smoking (both active and passive) is a well-known cause of early menopause. Because of the detrimental effects of polycyclic aromatic hydrocarbons present in cigarettes, smokers reach menopause a few years earlier than nonsmokers. Toxins released during the manufacturing of plastics may also contribute to the early termination of ovarian function.

**Autoimmune factors:** Juvenile diabetes, adrenal insufficiency, Hashimoto's thyroiditis, rheumatoid arthritis, and a variety of other autoimmune diseases are linked to accelerated ovarian follicle loss, leading in early menopause.

**Infections:** Early menopause can be caused by diseases such as HIV, malaria, TB, chickenpox, mumps, and viral illnesses.

**Galactosemia:** Galactose accumulation caused by an enzyme deficiency can lead to hazardous quantities of galactose in the ovaries, resulting in premature menopause.

**Iatrogenic/Induced Surgery:** Women who have both ovaries removed owing to illness go through early menopause. Chemotherapy and radiation: Drugs and radiation used to treat cancer can cause ovarian function to stop temporarily or permanently.

**Poor Nutrition:** When compared to their counterparts in developed countries, women in developing countries reach menopause earlier.

## Problems Linked or Associated with Early/ Premature Menopause

Early Menopause can cause a lot no of issues like Infertility, Dementia/ Loss of memory, psychological disorders such as depression, anxiety, feeling of low self-esteem; Sexual disturbances like Reduced desire of sex, dryness of vagina, pain during intercourse, recurrent urine infections, etc. Cardiovascular accidents: Women who experience early menopause have an increased risk of heart attack and other cardiovascular problems. Osteoporosis, or brittle bones, is caused by early menopause, vitamin D insufficiency, and a lack of activity, which results in brittle bones and simple fractures later in life.

## Treatment

Premature menopause is treated by focusing on the symptoms and issues that it causes, and it frequently necessitates the collaboration of numerous specialists for a full treatment.

The numerous alternatives available for women with premature menopause include hormone replacement therapy, nonhormonal therapies for vaginal dryness, oocyte cryopreservation prior to cancer treatment, surrogacy, Vitamin D supplements, and counselling.

While we can't predict a woman's menopausal age or change her genetic makeup, quitting smoking, eating a good diet, and exercising regularly can help to lower the risk of osteoporosis and cardiovascular problems that come with early menopause.

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