

MENOPAUSE

Female Menopause is the time in a woman's life when the Ovaries cease to produce an egg cell every four weeks and therefore Menstruation ceases and the woman is no longer able to become pregnant.

Menopause is diagnosed after 12 months without a period.

Forms of Menopause:

Late Menopause occurs when menopause happens beyond the age of 55.

Perimenopause is the five to ten year period prior to menopause. The hormonal changes associated with menopause can actually commence then. Some menopausal symptoms may occur during this period, even though the woman is still menstruating.

Premature Menopause occurs when menopause occurs before the age of 40. Approximately 5% of women experience Premature Menopause.

Symptoms of menopause may include:

- Hot flushes
- Cold sweats
- Weight gain
- Rheumatic pains
- Cold hands and feet
- Breast pains
- Headaches
- Numbness and tingling
- Skin crawls
- Vaginal dryness
- Pain with intercourse
- Urinary difficulty including recurrent bladder infections
- Feelings of suffocation
- Heart pounding
- Dizzy spells
- Pressure or tightness in head or body
- Fatigue
- Irritability and nervousness
- Depression
- Forgetfulness
- Sleeplessness
- Inability to concentrate
- Crying spells
- Panic attacks
- Loss of interest in typical activities
- Tension
- Needless worry

Research is showing the importance of maintaining a balance between progesterone and oestrogen for overall health and well being.

Hormones can be measured via a blood test or a saliva test.

If there is a lack of either hormone, or an excess of either hormone, the following symptoms may occur:

LACK OF PROGESTERONE

Headache
Low Libido
Anxiety
Swollen Breasts
Moodiness
Fuzzy Thinking
Depression
Food Cravings
Irritability
Insomnia
Cramps
Emotional Swings
Painful Breasts
Weight Gain
Bloating
Inability to Concentrate
Early Menstruation
Painful Joints
Asthma
Acne

LACK OF OESTROGEN

Hot Flashes
Shortness of Breath
Night Sweats
Sleep Disorders
Vaginal Dryness
Dry Skin
Anxiety
Mood Swings
Headache
Depression
Memory Loss
Heart Palpitations
Yeast Infections
Vaginal Shrinkage
Painful Intercourse
Unable to Orgasm
Lack of Menstruation

EXCESS PROGESTERONE

Depression
Somnolence

EXCESS OESTROGEN

Water Retention
Fatigue
Breast Swelling
Fibrocystic Breasts
Premenstrual Mood Swings
Heavy or Irregular Menses
Uterine Fibroids
Craving for Sweets
Weight Gain