



Immune Changes in Women during Menopause

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Introduction

Menopause is a time when a lot of things change. Hormone fluctuations can affect anything from your skin to your mood. They can even have an impact on your immune system. Cortisol levels, which are stress hormones, are affected by menopause. Cortisol levels can rise as the body changes throughout midlife, which might have an impact on the immune system. The immune system is weakened by high cortisol levels. Our immune system relies on cells, proteins, and chemical processes to combat infection and pathogens such as viruses, bacteria, and fungus. When the immune system successfully destroys a virus, it "remembers" it and can quickly eradicate it if it enters the body again.

The lymph nodes, which filter blood and capture microorganisms that may harm the body, are part of the immune system. It also controls our body's thermostat, allowing our temperature to rise in order to assist infections be destroyed. Menopause, for example, causes a reduction in T-cells, which are an important element of the immune system. These cells aid in the destruction of cancer cells, the battle against germs, and the coordination of the immune response across the body. Menopause strikes most women between the ages of 48 and 55. Meanwhile, ageing causes an increase in susceptibility to infections such as the Human Immunodeficiency Virus (HIV), Herpes Simplex Virus (HSV), Cytomegalovirus (CMV), and influenza by increasing inflammation and decreasing the

immune response.

Estrogen and progesterone are considered to play a role in women's increased risk of developing autoimmune diseases. The chance of having an autoimmune disease rises when these hormones fall. In postmenopausal women, autoimmune disorders are more prone to transition from an acute to a chronic inflammatory response, with fibrosis and an increase in autoantibodies. Urinary tract infections occur in 10 to 15% of women after menopause, especially beyond the

age of 60. This might be related to a reduction in the urogenital tract's immune system defenses.

Cortisol levels, which are stress hormones, are affected by menopause. Cortisol levels can rise as the body changes throughout midlife, which might have an impact on the immune system pathways including gonadotropin releasers, gonadotropins, and sex the immune system is weakened by high cortisol levels. Other physical changes that occur during menopause include trouble sleeping, fluctuating appetites, changes in our digestive system's bacteria levels, and a decrease in physical activity. All of these things can weaken the immune system, increasing the risk of viral and bacterial infections. Menopause brings a slew of changes, many of which are detrimental to your immune system. That's why it's so important to live a healthy lifestyle, which can include eating an immune-boosting diet, and to seek medical help when health problems develop. Consult your doctor about making lifestyle changes to improve your immunity.

Relax to strengthen and preserve your immune system throughout menopause.

- Exercise on a regular basis.
- Make improvements to your sleeping patterns.
- Consume a well-balanced diet.
- Vitamin C is good for your immune system.
- Vitamin D is also important.
- Omega-3 fatty acids are a kind of fatty acid.
- Minerals and vitamins.

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