



Menopause Health Issues and Care

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Description

Menopause is divided into three stages it denotes a period in which hormone levels begin to fall and menstrual cycles become erratic and irregular. Menopause occurs when the cycle stopped producing the hormones that cause the menstrual period and have gone 12 months without a period. Postmenopause begins when this happens. Postmenopausal women are more likely to develop health problems such as osteoporosis and heart disease.

Vaginal bleeding during menopause is not a normal side effect of hormone deficiency. Dryness of skin may cause some light irritation bleeding or spotting after in some cases. In other cases, it could be the result of a condition such as endometrial hyperplasia or uterine fibroids, an infection such as endometritis or cancer. Hormone therapy may be an option, though healthcare providers typically advise using it for a limited time and in people under the age of 60. Hormone therapy is associated with health risks such as blood clots and stroke. Some doctors advise against using hormone therapy after menopause or have certain medical conditions.

- Antidepressants for mood swings or depression, which are recommend to help with postmenopausal symptoms
- Vaginal creams for sexual intercourse pain and vaginal dryness
- Gabapentin (Neurontin) for hot flashes relief
- Traditional hormone therapy and bio-identical hormone therapy

Traditional hormone therapy employs plant-derived, man-made, or naturally occurring hormones, such as those found in pregnant horses'

urine. It can be administered orally, as a patch, or topically to the genital area. Bio-identical hormones are plant-derived or man-made hormones that are similar to those produced by the body. Some bio-identical hormones are identical to those found in traditional products. Others are not FDA-approved and can only be obtained through compounding pharmacies. Unregulated compounds, pellets, and untested ingredients are not always safer and can result in supraphysiologic hormone levels.

Common health issues in the years following menopause include

Cardiovascular disease Estrogen helps the body maintain a healthy balance of good and bad cholesterol by keeping blood vessels relaxed and open. Without oestrogen, cholesterol may begin to accumulate on the artery walls leading to the heart. By the age of 70, women have roughly the same risk of heart disease as men. Stroke after the age of 55, the risk of having a stroke doubles every decade. Lower oestrogen levels in the body may contribute to cholesterol buildup on artery walls leading to the brain.

Osteoporosis because less oestrogen after menopause, lose bone mass much faster than before, putting at risk for osteoporosis is a condition in which the bones become brittle and weak, causing them to break easily. Women who have severe hot flashes and night sweats during menopause have more bone loss and are more likely to fracture their hips than women who do not have these severe symptoms. Lead poisoning is extremely dangerous to health it is stored in the teeth and bones. Because bones begin to degrade much faster after menopause, lead is more likely to be released into the blood. Blood lead levels in older women can be 30% higher than before menopause. This increases the chances of developing high blood pressure and atherosclerosis (sometimes called hardening of the arteries) lead in the bloodstream can also impair the functioning of kidneys. It can also cause dementia like symptoms, affecting the memory and ability to think.

Incontinence of the bladder approximately half of postmenopausal women have difficulty holding their urine. Lower oestrogen levels may cause urethral weakness. Problems with the mouth after menopause, dry mouth and an increased risk of cavities become more common.

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