

Menopause in Women Amjad Hossain*

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Menopause is a new transition phase of life. It starts when the menstrual cycle finishes. Menopause isn't a medical issue, and some experience it as a period of freedom. However, hormonal changes and different components included can cause uneasiness. At the point when a lady forever quits having feminine menstrual cycle, she has arrived at the phase of life called menopause. When women start to change hormone level, it is called menopause. The transition phase before menopause is often called perimenopause. During this time, the amount of develop eggs in a female ovaries is reduced and ovulation gets unpredictable, simultaneously the production of hormones estrogen and progesterone level decreases. It is the large drop in estrogen levels that causes the majority of the side effects of menopause. Menopause may occur any time from the 30s to the mid-50s or later, but the normal age of menopause is 51. Women, who smoke, do not take proper nutritious diet and underweight tend to have an earlier menopause. Overweight women have a later stage menopause. A woman is in menopause when she has had no feminine periods (menses) for a year and has no other clinical justification her menses to stop.

Symptoms of menopause can be partitioned into right on time and late beginning indications. Early indications incorporate unusual vaginal drying, hot flashes, and temperament changes. Late indications incorporate vaginal dryness and bothering, osteoporosis, and coronary illness.

Menopause may happen in natural reasons or some other reasons. Premature menopause occurs because of ovarian failure before the age of 40. Women who are involved in smoking, radiation exposure, chemotherapy medicines, or surgery that damages the ovarian blood supply. Premature ovarian failure is also called primary ovarian insufficiency.

Surgical menopause follow the expulsion of one or the two ovaries, or radiation of the pelvis, including the ovaries, in premenopausal female. This prompts unexpected menopause.

Treatment of Menopause

Hormone therapy (HT)

During menopause, estrogen levels fall. Most of the women get abnormal symptoms like hot flashes and vaginal dryness. HT includes the taking a blend of the female hormone estrogen and progesterone during perimenopause and menopause. HT is most ordinarily prescribed in pill structure. Estrogen can give by utilizing skin patches and vaginal creams.

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Estrogen therapy (ET)

Most of the women who have had a hysterectomy, the medical procedure to eliminate the uterus, and for woman who've had a bilateral oophorectomy (the surgical removal of the uterus and ovaries). For that type of women doctors generally advise a low dose of estrogen. Estrogen comes in various forms. The day by day pill and patch are the most eminent; however the hormone likewise is accessible in a vaginal ring, gel, or spray.

Non-hormonal treatment

This kind of treatment regularly includes the utilization of different sorts of prescriptions to relieve some of the symptoms associated with menopause.

Estrogen alternatives

This is the "synthetic estrogens" such as ospemifene. They improve symptoms of vaginal atrophy without affecting endometrial cancer risk.

Alternative therapies

There are so many treatments available which may provide the relief from some symptoms of menopause. Homeopathy and herbal treatments, often called bioidentical hormones. However, there are concerns about potency, safety, purity, and effectiveness.