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Menopausal symptoms: A positive approach

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Abstract

Menopause is a biopsychosocial phenomenon that encompasses a woman's life transition from fertile to infertile. Although menopause can cause extremely unpleasant physical symptoms, there is evidence that women in Asian cultures have a low rate of reported menopausal symptoms. Women's experiences, perspectives, and responses to menopause, which affects women's daily lives and well-being, may differ across societies and cultures. The purpose of this study was to describe a positive approach may reduce the menopausal symptoms.

Keywords: Menopausal symptoms, experiences, perspectives

Introduction

Menopause is a completely natural biological process. It is the period of a woman's life when her period ceases. It usually happens on its own, usually after the age of 45. Menopause occurs when a woman's ovaries cease to produce the hormones oestrogen and progesterone. When a woman has not had her period for a year, she has reached menopause. Menopause is the natural ageing of ovarian hormonal production, and it affects every woman at some point.

How long does menopause last for?

Menopause symptoms will disappear for the majority of women four to five years after their last cycle; however, symptoms may reappear many years later in a mild form. Hot flashes are one of the most prevalent menopause symptoms, which women suffer years after the majority of their menstrual periods have stopped.

What is the physical Changes during the Menopause?

- Changes in menstrual cycle (Irregular periods & More pain full)
- Hot flashes, Night Sweats
- Breast tenderness
- Worse premenstrual syndrome
- Lower sex drive
- Fatigue
- Headaches
- Vaginal dryness; discomfort during sex
- Urine leakage when coughing or sneezing
- Urinary urgency (an urgent need to urinate more frequently)
- Mood swings
- Trouble sleeping

What is the physiological Changes during the Menopausal Transition?

As part of the aging process, the number of ovarian primary follicles decreases, so that the follicles that remain cannot adequately respond to the FSH, there is no luteinizing hormone (LH) surge, there is no ovulation, less estrogen is produced, and menstruation ceases. These alterations in normal physiology result in unabated high levels of FSH and LH. The adrenal glands continue to secrete testosterone, some of which is converted to oestrogen, and this small amount of oestrogen may be responsible for some women's lack of symptoms following menstruation cessation (Peacock & Ketvertis, 2018). The reduced estrogen leads to thinning and atrophy of the vagina, bone resorption and loss, constriction of arterial walls, and accelerated increase of low-density lipoprotein (LDL).

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These physiological changes predispose women to URO genital, skeletal, and cardiovascular symptoms.

What is the psychological Changes during the Menopause?

- Depression or unstable mood
- Anxiety & fatigue
- Irritability
- Memory loss and problem with concentration
- Mood disturbance common
- Sleep disturbances
- Insomnia/ sleepiness
- Aggressiveness
- Tension
- Phobias
- Low self-esteem
- Tearfulness

Positive Attitudes of Women toward Menopause

In Nigeria, study revealed that the menopause women was seen relief from menstrual cycle and rest from childbearing, especially if a woman has all the children she wants, especially in contexts where fertility control is minimal.

In Arab, Postmenopausal women reported that they were able to participate in more social and religious activities; however, the cultural context restricted their participation in the latter during menstruation.

In India, Researchers discovered that postmenopausal women had a more positive attitude toward menopause than perimenopausal women in studies conducted among women in West Bengal, India, and Bahrain (Dasgupta & Ray, 2017).

Aksu H, 2011. Study reported that Menopausal women and their spouses had a positive attitude towards menopause. We also found that, the women who had more negative attitudes towards menopause reported more severe menopausal symptoms. Our results also demonstrated that the severity of menopausal complaints might be related to the attitudes of the husbands towards menopause.

Positive Approach

- Be relaxed & Spend more time with family
- Read some books and hear music
- Breathing techniques is reducing the impact of the physical symptoms of anxiety. CBT can be used effectively to help manage hot flushes.
- Mindfulness training is reducing stressors, as these can set off anxiety and depression.
- No more worry about leakage, and no more menstrual cramping and no more fussing with tampons or pads.
- No thinking about premenstrual symptoms(Good bye to PMS)
- Sex without having to think about pregnancy
- It reduce the women menstrual migraines, headaches, etc.
- Postmenopausal women to feeling of empowered, Involved more cultural activities and parties.

Patient Education

- Patients should be encouraged to stop smoking especially if considering starting hormone

therapy.

- Women should try to obtain 150 minutes of cardiovascular exercise per week and 2 to 3 days of weight-bearing exercise.
- Women should eat a healthy diet to maintain a healthy weight.
- Sexual activity is normal, and women should feel comfortable speaking to health provider if having painful intercourse.
- Contraception is recommended for 1 year after the last menstrual period while having irregular menses.
- If having menopausal symptoms discuss with a provider because of the many treatment options available.

In conclusion, most of the studies have shown that positive thinking is linked to better health. According to the North American Menopause society the reverse is also true. Positive thinking could become a useful tool to help women experiencing the menopause who struggle with anxiety and depression and positive attitude and thinking was reduced the menopausal symptoms.

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