

Menopause

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Women's Health Online Assignment

Menopause Definition:

A cessation of menstrual activity; it is confirmed when the woman has missed her period for 12 consecutive months.

Perimenopause:

The transition phase from regular periods to menopause, it may last for 4-10 years

Menopause signs and symptoms:

- Hot Flashes
 - May be accompanied by sweating, tachycardia, and reddening of the face, neck, and chest.
- Night sweats
- Vaginal atrophy
 - Which is a thinning and drying of the vaginal walls because of the drop in estrogen. This makes sexual intercourse uncomfortable or painful.
- Dry skin due to a reduction in collagen and decreased oil production.
- Decreased lubrication,

Menopause treatment depends on the severity of the symptoms, and the woman. If a woman has extreme hot flashes and night sweats, it is often preferred to use medications.

- Low-dose hormone replacement therapy (HRT) with estrogen, such as a low-dose estradiol 0.05 mg patch
- Selective serotonin reuptake inhibitors (SSRIs) such as venlafaxine, paroxetine, and fluoxetine are used to treat depression and can control hot flashes.
- Gabapentin and Clonidine can control hot flashes
- Intravaginal DHEA can be prescribed to manage moderate-to-severe dyspareunia (painful sexual intercourse)

Risk Factors for Menopause:

Nursing care includes:

- Providing adequate information
- Instructing her to manage heat intolerance by layering clothing
- Suggesting vaginal lubricants to improve vaginal moisture and relieve discomfort during sexual intercourse
- Encouraging a calcium-rich diet to support bone health
- Providing emotional support
- Encouraging weight-bearing exercise to maintain bone strength.

Lab and Diagnostics:

- Bone density scanning is also known as a dual-energy x-ray absorptiometry measuring bone loss.
- DEXA scan is a low-dose x-ray that can measure bone loss and predict fracture risk for postmenopausal women.
- Blood or urine test to measure hormone levels to diagnose menopause.

Nonpharmacological treatment of menopause can be:

- Black cohosh is used to help treat menopausal symptoms, such as hot flashes.
- Yoga, tai chi, and acupuncture may help reduce menopause symptoms, including sleep and mood problems, stress, and

After menopause, the body makes less hormones of estrogen and progesterone. Mental fogginess and forgetfulness can occur from a decrease in estrogen.

Hormone fluctuations may affect the neurotransmitters in the brain and lead to mood swings, irritability, sadness, and depression.

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Menopause prevention:

It is not possible to prevent menopause, but there are ways to prevent possible complications.

Maintaining good health is a key factor before, during, and after, menopause.

Take steps to enjoy high-quality sleep, maintain good bone strength, and monitor your blood pressure levels. To monitor your blood pressure, get it checked regularly.

To help maintain bone strength, eat foods rich in calcium and vitamin D. It may be beneficial to practice strength training exercises, such as weightlifting or yoga.

If hot flashes are disturbing sleep, try to sleep in a cool room, dress in layers, and keep a glass of cold

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