

MENOPAUSE



Description

Cessation of menstrual activity and confirmed when the woman has missed her menstrual cycle

Causes

Natural decline in hormones

Surgery that removes the ovaries, oophorectomy

Chemotherapy and radiation therapy

Primary ovarian insufficiency

Risk Factors

Females assigned at birth's biggest risk factor is reaching the age of menopause

Cancer treatments

Surgery removing ovaries

Complications

Osteoporosis, Heart and blood vessel disease

Urinary incontinence, Weight gain, Decreased libido

Signs and Symptoms

Hot flashes, Night sweats, vaginal atrophy, Dry skin, difficulty sleeping, mental fogginess and forgetfulness, General loss of pelvic muscle tone, Osteoporosis, Vaginal changes

Treatments

Depends on the woman and the severity of symptoms, low dose hormone replacement therapy, Selective Serotonin reuptake inhibitor (SSRIs), Clonidine, Gabapentin, Intravaginal DHEA

Citations

Linnard-Palmer, L., & Coats, G. H. (2021). chapter 3. In *Safe maternity and pediatric nursing care* (second, pp. 27–50). essay, F.A. Davis.

Mayo Foundation for Medical Education and Research. (2024, August 7). *Menopause*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/menopause/symptoms-causes/syc-20353397>

