

Menopause

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## Abstract

Numerous studies have been conducted to prove what contributed to menopause. The studies conducted included the process used to confirm menopause, likewise explore what can be done to help the individual cope with menopause and how the individual can live a comfortable life. Ilankon, I., Samarasinghhe, K., and Elgan, C. studied the natural stage of menopause. While Ilankon, et al. studied the natural stages, Chan, S., Gomes, A., and Singh, S. wanted to know if menopause was still evolving. On the other hand, Makwana, N., Shah, M., and Chaudhary, M. wanted to find out if vaginal pH can be used as a diagnostic tool to confirm menopause. While some studies are looking to see what contribute to menopause, others like Wooten, J., Webb, B., DiMarco, N., and Sanborn, C. wanted to know if dyslipidemia is related to menopause, which might impact the body composition. While everyone wants to study what contributes to menopause and what it does to the body, Vijayvargiya, S., and Bhupinder wanted to know how individual cope with stress from menopause. As we go through the pandemic now, Mishra, N., Sharma, P., Singh, M., Seth, S., Deori, T., and Jain, P., wanted to know if there was a correlation with COVID-19 and menopause. Unlike all the other studies, Sydora, B., Alvadj, T., Malley, A., Mayan., Shandro, T., and Ross, S., wanted to explore how walking would help women with severe symptoms of menopause. Hopefully, when all the studies would have been completed, it would confirm what contribute to menopause and how an individual would find ways to cope with menopause.

### Literature Review

Iankon, I., SAmarsinghe, K., and Elgan, C. summary of the article reviewing the life of women in Sri Lanka from the time they became fertile until when she is infertile prove that menopause is an acceptable challenge by the women in Sri Lanka. They accept the changes and makes it easy for them to cope with the symptoms (Iankoon, et al.) Iankon, et al. used a qualitative exploratory study that was conducted among postmenopausal women ranging from age 46-55 in Sri Lanka. Many women were interviewed during the study (Iankon et al.,2021). The women accepted that menopause is a normal stage in life and they just need to adapt to whatever issues that come with it. Iikankon, et al. concluded that if those women would be engage in support groups and health screening for cervical or breast cancer, there would certainly be an improvement in their overall health status and they would be able to cope more easily with the signs and symptoms of menopause (Iankoon, I.).

Chan, S., Gomes, A., and Singh, R., reflected on the impact on the changing patterns of delaying marriage and reproduction which might be impacted by menopause. (Chan, et al.,2020) Chan, et al. conducted a cross-sectional analysis that consists of 747 middle-aged women. The women were obtained from the Study of Women's Health Across the Nation (SWAN) from 1996-2008. There were several ethnic groups involved (Chan, et al., 2020). The ethnic groups included Afro-American, Chinese, Japanese, Caucasian, and Hispanic. Chan, et al. examined those women who were perimenopause, menopause and those who were going through hormonal changes. Chan, et al., wanted to know if the delay was due to menopause. During their cross-sectional analysis, Chan, et al., found that there was no difference between the premenopausal and menopausal women. Chan, et al., (2020) concluded that the symptoms of menopause are the result of the accumulation of infertility mutations in older women,n but the men preferred

younger women. Chan, et al. proposed a shifting mate choice-shifting menopause model would be a better offer.

Makwana, N., Shah, M., and Chaudhary is another group who stated that menopause is a permanent cessation of menstruation as a result of decrease in ovarian follicles and the loss of ovarian activity. Makwan, et al. believes that during that process there is a decrease in the inhibin B levels which causes decrease in negative feedback on the serum follicle-stimulating hormone (FSH) which in turn increases the level of serum FSH which, is an indicator menopause.

Makwana, et al., stated that the decline in estrogen level causes the vaginal lining to produce less activity thus cause the pH of the vagina to increase. Makwana, et al. studied one hundred and twenty women who had their menstrual cycle one year before the last cycle. The vaginal pH and the serum of the follicle stimulating hormone was measured. (Makwana, et al.) Makwana, et al. used the McNemar test to compare the vaginal, pH and the serum FSH, in order to confirm the diagnosis of menopause. However, it was concluded that the vaginal pH increased, and the FSH decreased, which means that they have similar properties. (Makwana, et al.,2020) Hence, Makwana et al., accepted that pH is similar to the serum FSH. It can be used as a diagnostic tool for menopause.

Wooten, J., Webb, B., DiMarco, N., Nicols, D., and Sanborn, C., explored the impact that menopause has on the body composition including dyslipidemia in women. In their study, they used sedentary, non-smoking women who were not treated for dyslipidemia and women who had normal weight and those who were obese (Wooten, et al.). They used that method to determine the differences in total and regional composition and measures of lipids and lipoprotein - cholesterol concentrations (Wooten, et al.). However, the menopausal status was not associated with the differences with the fat distributions from the profiles of the women who were

premenopausal and postmenopausal (Wooten, et al.). Wooten, et al. concluded that there were no particular changes in the body composition, but the age-related differences in lipids and lipoproteins was due to the difference in menopausal status exacerbated in women who are obese.

Even though COVID-19 was an event that just surfaced, it was included in the study that Mishra, N., Sharma, R., Mishra, P., Singh, M., Deori, T., and Jain, P., conducted. Mishra, et al., wanted to study the clinical profile and outcomes in premenopausal and menopausal women, likewise COVID-19 infected women to analyze the menstrual status on the outcome. Mishra, et al. conducted a study on one hundred forty-seven women. They examined the women who was admitted between May and August 2020, using hospital records and telephonic follow-up (Mishra;2021). In their conclusion, Mishra et al., found no definite association between hospital stay and progression with menopause and COVID-19 outcome with hospital stay or duration or disease progression.

Experiencing menopause can be stressful. According to Sydora, B., Alvdj, T., Malley, A. Mayan, M., Shandro, T., and Ross, S., menopause and midlife can be marked by symptoms which cause the body to deviate from normal and thus increasing the risks of cancer, cardiovascular, metabolic, and bone health. Sydora, et al (2020) believes walking represent a simple low cost and it can be available to everyone which is guaranteed to produce health benefits. Sydora, et al knows that women do not oppose exercise programs, but it can be challenging and difficult to maintain. Sydora, et al., conducted a qualitative descriptive study to explore the benefits of a walking program that would be beneficial to menopausal women. Sydora, et al. (2020) conducted focus groups which consist of women from two menopause clinics whom were experiencing menopause with moderate to severe symptoms. According to

Sydora, et al. (2020) the groups were recorded and then transcribed. In the group, the women had to engaged in conversation; they were interested in the exercise program that would keep them busy and would improve their health and help with their diagnose of menopause and at the same time create a group to converse and share information. Thus, walking would be very beneficial for them in many ways (Sydora, et al.). Sydora et al reported that the women were interested in walking and was very eager to initiate program.

Vijayvargiya, S. and, Singh, emphasized that during mid-life aged women, numerous amounts of changes occur. Women are caught between adulthood and despair of old age. It is during this stage that menopause occur and that is when they need special attention. (Vijayvargiya al.). Vijayvargiya, et al recognized during this time some doors are closed for some women while it is open for others. It is the time period where the physical, psychological, hormonal changes, and social changes. According to Vijayvargiya, et al this is the transitional period in a women's life where many studies have reported that stress is common in menopause in all different forms. Thus, the study was done to assess the level of stress and to create awareness in women's life. Hence, members can extend support to the women who are going through the transitional stage. (Vijayvargiya, et al.) Vijayvargiya, et al, emphasized that women have to cope with many responsibilities of everyday life and at the same time has to cope with the stress from menopause. Vijayvargiya, et al., goal is to assess the level of stress during menopause and to make people aware of what women go through during that specific period and to be more supportive to them because during this period when there is a turning point in their life.

From all the studies that was conducted by the various group, it can be concluded that each woman goes through menopause at some point in their life. Some may have more symptoms than others. Ranging from good to bad. But with group activities such as walking some of them would be able to get some sort of relief and at the same time help them stay healthy because walking can be beneficial to their health (Sydora, et al.,2020). Walking may be one of the best nursing practices that can be included in a patient plan of care. It is the best because it would serve more than one purpose. From all the studies conducted, walking would definitely improve some of the sign and symptoms, which may include hot flashes, night sweats, pain during intercourse, increased anxiety or irritability, and the need to urinate more often. Researchers also concluded walking programs produced four major characteristics that were beneficial to its participants. These characteristics included, sensitivity too health realities of menopausal woman, inclusivity of various needs/levels of physical ability, attentiveness to need for mutual social support, and flexibility in planning of locations and scheduling. Walking programs not only addressed their physical symptoms, but also their need for social support (Sydora, et al.,2020).

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