



## *The Medical* **Bulletin**

# Women's Health Care

### **MENOPAUSE**

Menopause is a physiological phase of life, which every woman experiences, provided she lives till that age. Our increasing life expectancy means that more and more women are spending a significant proportion of their lives in postmenopausal stage. Menopause should be viewed as an opportunity to assess and improve health, and initiate as well as intensify promotive and preventive measures.

Physicians must be able take a history of menopause, its potential concerns, complications and comorbidities. General health measures, including lifestyle, diet, physical activity and stress management, must be instituted. Calcium and vitamin D should be prescribed to all postmenopausal women.

Menopause hormonal therapy (MHT) can safely be used in peri- and post-menopausal women, provided contraindications have been ruled out. Modern MHT such as estradiol + dydrogesterone can be used in women with distressful vasomotor, genitourinary or mood related symptoms. It also helps in improving bone and cardiovascular health, and has no deleterious effects on metabolic profile.

Contraindications include breast and uterine pathology: these must be ruled out before initiating MHT. MHT is usually prescribed for short period of time, alleviate symptoms, but can be continued till age 60, or 10 years post menopause.

Menopause medicine should be integrated into internal medicine, and should be practiced as team effort, by all concerned specialists.

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