

Menopause is a natural biological process that marks the end of a woman's reproductive years, typically occurring in her late 40s to early 50s. It is defined as the point when a woman has not had a menstrual period for 12 months, marking the end of reproductive years. During this phase, the ovaries significantly reduce estrogen and progesterone production, leading to physical and emotional changes.



Postmenopause, the phase that follows menopause, encompasses the years after this transition. During this stage, many menopausal symptoms may ease, but the long-term effects of lower hormone levels become more apparent. Women in postmenopause are at increased risk for health conditions such as osteoporosis, cardiovascular disease, and changes in vaginal and urinary health. By adopting healthier lifestyles and undergoing regular health screenings, women can prevent the risks.

Symptoms of Postmenopause

Hot flashes, night sweats, mood swings, vaginal dryness, weight changes, hair loss, urinary incontinence and discomfort with intercourse

While symptoms of postmenopause can be a bother, it is a normal part of life.

Complications of Postmenopause

People in postmenopause have a higher risk for health conditions like

- **Osteoporosis:** The decrease in estrogen accelerates bone loss, leading to weakened bones and an increased risk of fractures, particularly in the spine, hips, and wrists
- **Cardiovascular disease:** Estrogen helps maintain healthy blood vessels and cholesterol levels. Without it, women are at a higher risk of heart disease and stroke
- **Urinary issues:** After menopause, a decrease in estrogen levels can cause the vaginal tissue to become thinner. This can make it easier for bacteria to flourish, which could eventually lead to a urinary tract infection (UTI).

When to seek a Doctor

See your doctor if you have symptoms that interfere with your daily life or if you are concerned about abnormal vaginal bleeding. Any abnormal vaginal bleeding needs to be checked by a doctor, to rule out uterine cancer. Your doctor may also suggest other health checks such as:








- Mammogram
- Pelvic examination
- Cervical screening test



How to manage symptoms of postmenopause?

Certain lifestyle or at-home changes can help you manage symptoms of postmenopause. Some of these include:

- **Regular exercise including strengthening,** yoga, or lifting weights can strengthen your bones and muscles.
- **Eating healthy and well-balanced meals.** Foods like fruits, vegetables, lean meats and whole grains should make up the bulk of your diet.
- Avoid lots of **salt or sugar** and limit your consumption of alcohol.
- Maintaining a **healthy weight** can help manage lingering symptoms and reduce your risk for cardiovascular diseases, diabetes and other conditions.

If you are having frequent mood swings or other symptoms of depression that are affecting your life, it is important to talk to your primary care doctor or obstetrician-gynaecologist.

 Common Screening Tests for Women 	
Test	Recommendation
 Breast exam	Mammography test. Aged 40-44 can choose to get a test every year. Those 45-54 should have one each year. 55 and older can switch to getting one every two years or keep doing it yearly.
 Blood test	Hemoglobin tests to assess overall health and to detect a variety of disorders, such as anaemia
 Pap smear & HPV	Cervical cancer screening should start at 21 years of age. Pap tests every 3 years between 21 & 29 years old. HPV vaccine is recommended for people ages 9 to 45. Pap test & HPV test (co-testing) every five years between 30 & 65 years old
 Cholesterol test	Every 1 to 2 years for women ages 55 to 65. Women over 65 should take cholesterol tests annually
 Bone density	Test at least once at age 65 or above. Talk to your doctor about getting tested if you are younger than 65 and about repeat testing


My Health, My Responsibility


To know more

- [Osteoporosis - Prevention, Symptoms, Test and Treatment](#)
- [Anaemia in Women - Symptoms, Detection, Treatment and Prevention](#)
- [Common Health Issues in Women](#)
- [Female Fertility - Symptoms, Detection and Treatment](#)