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Introduction

1. Definition

- Menopause is the permanent cessation of menstruation due to the loss of ovarian follicular function.
- Clinically diagnosed after 12 months of amenorrhea (absence of menstruation).

2. Average Age at Menopause

- The average age at menopause is around 51 years.

3. Stages of menopause

- Premenopause
- Perimenopause
- Menopause
- Postmenopause

Causes

- Menopause is caused by the loss of ovarian follicular function and a decline in oestrogen levels.
- Number of oocytes that are able for responding to FSH and LH decreases.
- The menopausal transition can be gradual, usually beginning with changes in the menstrual cycle.

Symptoms



Types

- Premature Menopause - menopause in a woman aged <40 years
- Early Menopause - menopause in a woman aged 50-59 years
- Late Menopause menopause in a woman aged >60 years
- Surgical menopause
- ovaries a result of surgical removal of both
- Medical menopause
- radiotherapy after irradiation of the ovaries
- Chemotherapeutic after exposure to chemotherapy during treatment of malignant diseases

Hormone replacement therapy

Estrogen therapy (HT) is the most effective treatment option for relieving menopausal hot flashes. Based on medical and family history, the doctor may recommend estrogen therapy at the lowest dose and shortest time frame needed to relieve your symptoms.

Summary

- Menopause is permanent absent of menstruation and is divided four stages .
- Also we have mentioned the symptoms which is hot flashes and joint pain .
- Menopause is Caused by lose of Follicular ovarian function
- Finally we have discussed the types and hormones replacement therapy.

<https://www.nhs.uk/conditions/menopause/treatment/>

<https://twc-ms.com/symptoms-and-types-of-menopause/>

<https://www.who.int/news-room/fact-sheets/detail/menopause>

Menopause Hormone Levels Chart

