



- **Definition of menopause:** it is a physiological phenomenon characterized by the absence of period for more than 12 months (1 year). The average age of menopause is 51 years.
- **Menopause is mainly characterized by the following lab results:**
 - ↑FSH, ↑LH (due to absence of negative feedback through estrogen – ovaries don't produce estrogen anymore or it is produced in little amounts).
- **Premature menopause:** is the one which occurs before the age of 40 years.
- **Climacteric period:** 4-5 years before the occurrence of the actual menopause and it is characterized by the symptoms of menopause with irregular periods and oligomenorrhea.
- **Menopause is characterized by the following:**
 - Hot flushes, night sweats and palpitations.
 - Atrophy of the vagina.
 - Increased risk of cardiovascular diseases.
 - Osteoporosis.
 - Depression and anxiety.
 - Loss of skin elasticity.
 - Insomnia.
 - Loss of libido.
- **Management of menopause:**
 - **If there are no symptoms:** lifestyle changes (non-medical intervention) + antidepressants and antianxiety (if needed).
 - **If there are symptoms:** HRT (Hormonal Replacement Therapy) which further differs if the woman has a uterus or not:
 - ✓ Uterus is present: combined pill is given because estrogen alone can cause endometrial hyperplasia and increased risk of endometrial cancer.
 - ✓ Uterus is not present: only estrogen is given.
 - **What are the contraindications of HRT (especially those associated with use of estrogen)?**
 - ✓ Myocardial infarction.
 - ✓ History of thromboembolic disorders.
 - ✓ Breast or endometrial cancers.
 - ✓ Liver disease.