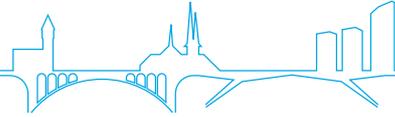




Menopause



Menopause is a natural physical process in which the menstrual cycle stops and the woman enters her period of infertility. Menopause is due to the depletion of ova. The lack of hormones causes symptoms in many women.

The different phases

Premenopause

This is a period before menopause, when the menstrual cycle is irregular and accompanied by hormonal fluctuations due to the significant decrease in oocytes. This pre-menopausal period can last a few years. During this period, some women may also experience symptoms due to hormonal fluctuations.

Menopause

When a woman has not had her period for 12 months, she is considered to be in menopause. On average, this is around the age of 51. This is not a question of hormonal fluctuations but of hormonal deficiency, because the egg supply is exhausted.

Postmenopause

This is the period after menopause, during which the body must get used to a decrease in hormones.



Early menopause

If menopause begins before the age of 40, it is called premature menopause or early menopause, the main causes are:

- Chemotherapy and radiation therapy;
- Hormone therapy in the treatment of cancer;
- Removal of the ovaries due to treatment ;
- Infection: endometriosis, etc;
- Genetic abnormality: fragile X syndrome, etc..

Symptoms

Lack of hormones can cause symptoms, sometimes mild, sometimes severe.
Each woman experiences these symptoms in her own way.

Physical complaints:	Psychological complaints:
<ul style="list-style-type: none">• hot flashes ;• night sweats;• sleep problems;• weight gain;• dryness of the mucous membranes: mouth, eyes, vagina;• joint pain or stiffness;• palpitation ;• loss of libido ;• pain during sexual intercourse;• headaches;• bladder infection and leakage;• memory problems.	<ul style="list-style-type: none">• fatigue;• lethargy ;• moroseness ;• depression;• mood swings ;• inner turmoil.

The risks

Menopause can involve risks such as: osteoporosis, depression, weight gain, cardiovascular problems, etc.

Treatment

As each woman experiences menopause and its symptoms differently, a personalized approach is very important. There are different treatments for the different phases, do not hesitate to discuss them with your gynecologist.

A healthy lifestyle is important in the management of menopause (sports, stopping smoking, good diet).

Conclusion

Menopausal symptoms can have a negative impact on work. Don't hesitate to discuss this with your occupational physician.

The occupational health service can also play an important role in raising awareness on this subject, as its aim is to promote well-being and quality of life at work, as well as preventing psychosocial risks and situations of discrimination linked to age or gender.