

MENOPAUSE

Menopause is a normal change in a woman's life when her period stops. Menopause is referred to as the "Change of Life." During Menopause a woman's body slowly produces less of the hormones estrogen and progesterone. This often happens between the ages of 45 and 55 years old. A woman has reached Menopause when she has not had a period for 12 months in a row.

SYMPTOMS OF MENOPAUSE

- A change in your periods like irregular cycles.
- Hot Flashes (getting warm in the face, neck, and chest).
- Night sweats and sleeping problems that may lead to feeling tired, stressed or tensed.
- Loss of bladder control can occur when reduced estrogen levels cause the muscle tone in your urinary tract to decrease.
- Thinning of your bones, may lead to loss of height and bone breaks.

TREATMENT

Hormone Therapy (HT) can be used to help manage some of the symptoms of Menopause. For some women, many of

these changes will go away over time without treatment.

RISK OF USING HORMONES

For some women, Hormone Therapy may increase their chances of getting blood clots, heart attacks, strokes, breast cancer, and gall bladder disease. You should talk to your doctor about using Hormone Therapy. Hormone therapy comes in the form of pills, patches, and creams.

SELF CARE OF MENOPAUSE

- Eat a healthy diet. When your body is changing, a diet that includes a variety of fruits, vegetables, and whole grains is especially important. If you do not drink milk, taking a calcium supplement (1000mg.) with vitamin D (400 IU) each day helps.
- Exercise regularly. Walk whenever you can. Take the stairs instead of the elevators. Make extra trips around your yard of house.
- Over the counter medicines have been helpful, such as, Gingko Biloba, Black Cohosh, red clover, Vitex and St. John's Wort.
- Use alcohol and caffeine in moderation and don't smoke.
 - Control your weight.

Genesis 2:18 And the Lord God said, It is not good that the man should be alone; I'll make him an help meet for him. ²¹And the Lord God caused a deep sleep to fall upon Adam and he slept: and he took one of his ribs and closed up the flesh instead thereof. ²²And the rib which the Lord God had taken from man, made he a woman and brought her unto the man.

Happy New Year to you and your family. It has been an Awesome Year; continue to have faith in God! *Sis. Esther Conner 2013.*