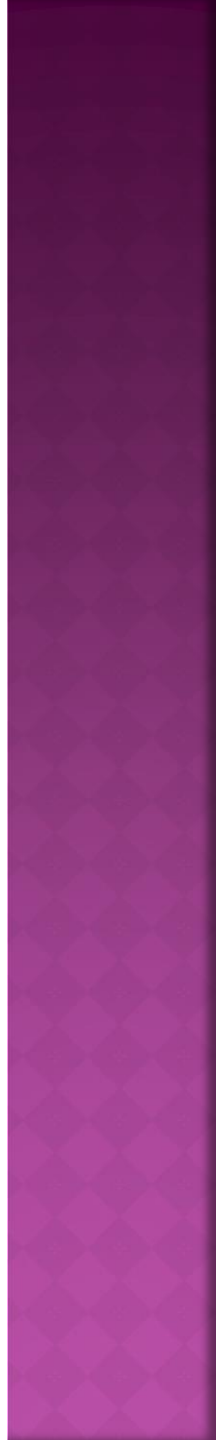


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أَهْلًا وَسَهْلًا بِكُمْ





PREPERAD BY MARIUM
HUSSEIN
OBSTETRIC
&GYNECOLOGICAL
NURSING

OBJECTIVE

By the end of this lecture the student should be able :-

- ⊙ **Identify** Meaning of menopause
- ⊙ **Identify** Action of estrogen and progesteron
- ⊙ **Determine** Common sign and symptom of menopause
- ⊙ **Identify** assessment
- ⊙ **explain** Treatment
- ⊙ **discus** Nursing manage ment

WHAT IS MENOPAUSE?

- ⊙ 12 months of amenorrhea (no menses)
- ⊙ Average age 51 years
- ⊙ Derived from the Greek words “men” (month) and “pausis” (cessation)
- ⊙ Primary ovarian function stops
- ⊙ Marks the permanent end of fertility
- ⊙ The change of life, The end of fertility, The beginning of freedom.

ACTIONS OF ESTROGEN

- ⊙ Development of ovaries, tubes, uterus and vagina
- ⊙ Secondary sexual characteristics
- ⊙ Proliferative changes in the endometrium
- ⊙ Increases fat deposition and vascular profusion of skin

ACTIONS OF PROGESTERONE

Specific

- ⊙ Interacts with hypothalamus and pituitary to regulate menstrual cycle
- ⊙ Produces secretory changes in the endometrium
- ⊙ Increases viscosity of cervical mucus
- ⊙ Prepares breast for lactation during pregnancy

MENSTRUAL CYCLE

- ⦿ Hormonal control of menstruation begins in the hypothalamus.
- ⦿ The hypothalamus releases gonadotropin-releasing hormone in pulses.
- ⦿ Gonadotropin-releasing hormone stimulates the pituitary gland to produce two hormones called gonadotropin: luteinizing hormone and follicle-stimulating hormone.
- ⦿ Luteinizing hormone and follicle-stimulating hormone stimulate the ovaries.

CONT...

- ⦿ The ovaries produce the female hormones estrogen and progesterone, which ultimately control menstruation

MENOPAUSE

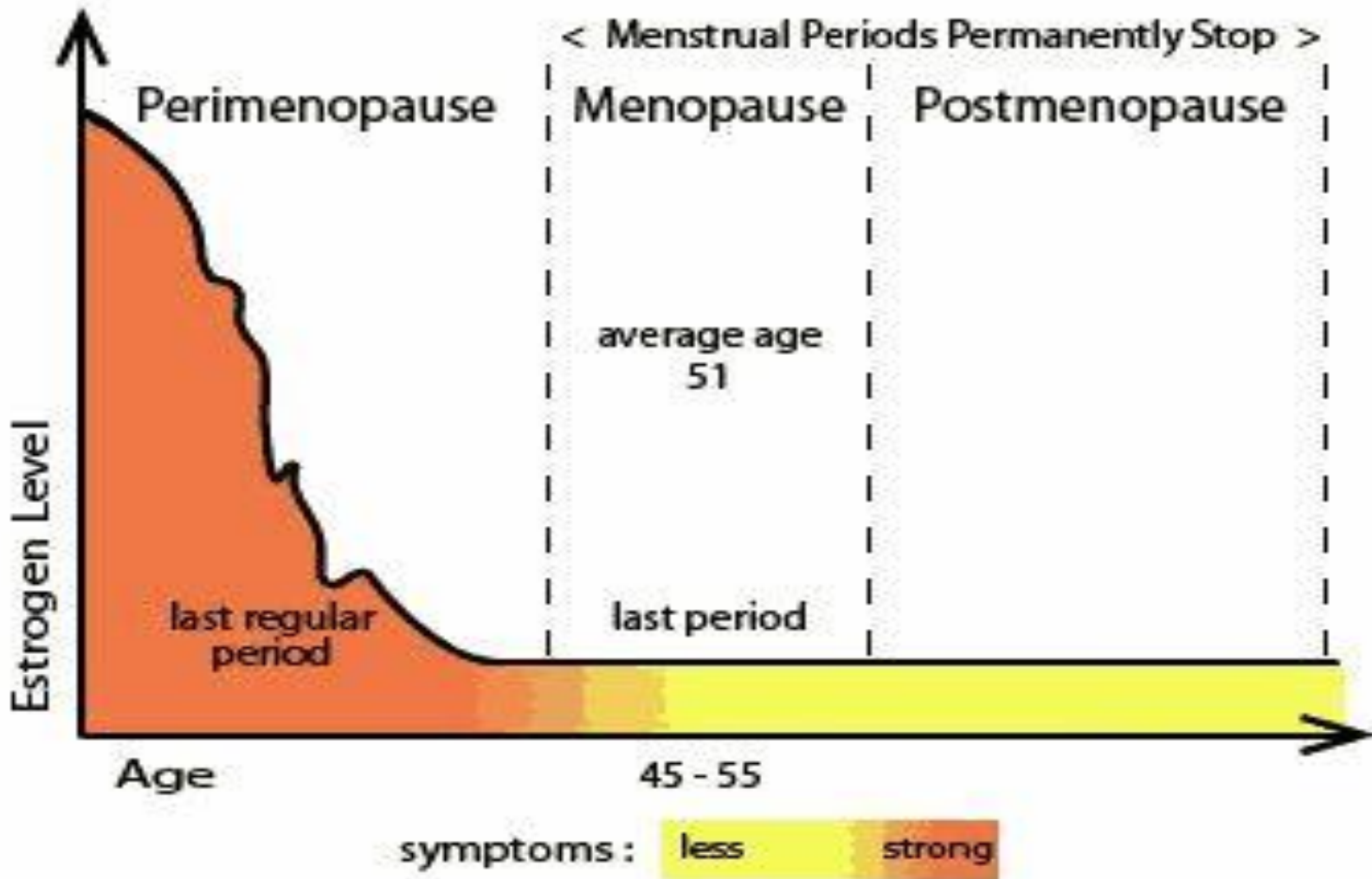
- ⊙ Ovaries become less responsive to FSH and LH
- ⊙ Patterns of GnRH (**Gonadotropin-Releasing**)
release from the hypothalamus become altered
- ⊙ Pituitary gland becomes less responsive to
GnRH

CONT...

Menopause

- ❖ refers to the cessation of regular menstrual cycles. It is the end of menstruation and child bearing capacity
- ❖ **WHO definition:**
 - “ Permanent cessation of menstruation resulting from loss of ovarian follicular activity”

Phases of Menopause



PERIMENOPAUSE

- ⦿ Average age at onset in the late 40's
- ⦿ Irregular menstrual cycles

POST-MENOPAUSE

- ⦿ 12 months of amenorrhea
- ⦿ Elevated FSH levels
- ⦿ On average, reached by the early 50year's

IS THAT ALL?

- ⦿ No! The ovaries continue to produce androgens after menopause!


FACTORS THAT MAY AFFECT TIMING OF MENOPAUSE

- ⊙ Smoking
- ⊙ Genetics
- ⊙ Number of pregnancies
- ⊙ Body mass

COMMON SYMPTOMS OF MENOPAUSE

- ⦿ Hot flashes or flushes of the head and neck
- ⦿ Dryness in the eyes and vagina
- ⦿ Personality changes
- ⦿ Anxiety and/or depression
- ⦿ Loss of libido
- ⦿ Weight gain and water retention

HOT FLUSHES

Warmth of the upper body preceded by 
palpitation & weakness, faintness, vertigo
and sweating and cold sensation .occur more
at night

CONT...

- ⊙ Night sweats
- ⊙ Fatigue
- ⊙ Irritability
- ⊙ Insomnia
- ⊙ Stress incontinence
- ⊙ Heart palpitations

THE 7 MENOPAUSAL DWARFS



ITCHY



BITCHY



SWEATY



BLOATY



SLEEPY



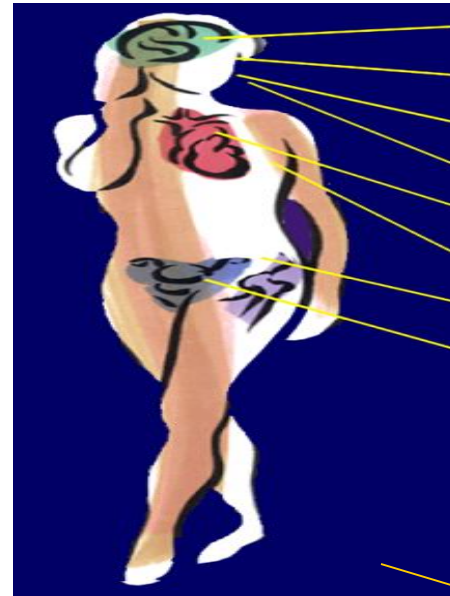
FORGETFUL



PSYCHO danc

SUMMARY OF KEY PHYSICAL CHANGES

- ◉ Vasomotor instability
- ◉ Metabolic Changes
- ◉ Coronary Artery Disease
- ◉ Accelerated bone loss
- ◉ Skin changes
- ◉ Urogenital atrophy
- ◉ Cognition (?)
- ◉ Libido (?)



CONT...

❖ Menopause, with a dramatic decline in estrogen, affects not only the reproductive organs, but also other bodily systems:

1-Brain: hot flashes, disturbed sleep, mood and memory problems

2- Cardiovascular: increase risk of cardiovascular disease

CONT...

- 3- **Skeletal:** rapid loss of bone density increases the risk of osteoporosis
- 4- **Breasts:** duct and glandular tissues are replaced by fat
- 5- **Genitourinary:** vaginal dryness, stress incontinence, cystitis
- 6- **Gastrointestinal:** less calcium is absorbed from food, increasing the risk for fractures

CONT...

7- **Integumentary:** skin becomes dry and thin, and collagen levels decrease

8- **Body shape:** more abdominal fat; waist size swells relative to hips

SKELETAL CHANGES ASSOCIATED WITH OSTEOPOROSIS.



ASSESSMENT

- ⦿ While not a disease state, menopause does place women at greater risk for the development of many conditions of aging

CONT...

- ⦿ Proactive disease prevention can help the woman become aware of her risk for postmenopausal diseases, as well as strategies to prevent them.
- ⦿ The nurse can be instrumental in assessing risk factors and planning interventions in collaboration with the client
- These might include:

CONT...

- Screening for osteoporosis, cardiovascular disease, and cancer risk
- Assessment of blood pressure to identify hypertension
- Blood cholesterol to identify hyperlipidemia risk

CONT...

- Mammogram to find a cancerous lesion
- Pap smear to identify cervical cancer
- Pelvic examination to identify endometrial cancer or masses
- Digital rectal examination to assess for colon cancer

CONT...

- ◎ Bone density testing as a baseline at menopause to identify osteopenia (low bone mass), which might lead to osteoporosis

CONT...

Assessing lifestyle to plan strategies to prevent chronic conditions:

- ⊙ Dietary intake of fat, cholesterol, and sodium
- ⊙ Weight management
- ⊙ Calcium intake
- ⊙ Use of tobacco, alcohol, and caffeine
- ⊙ Performance of breast self-examinations

MENOPAUSE MANAGEMENT

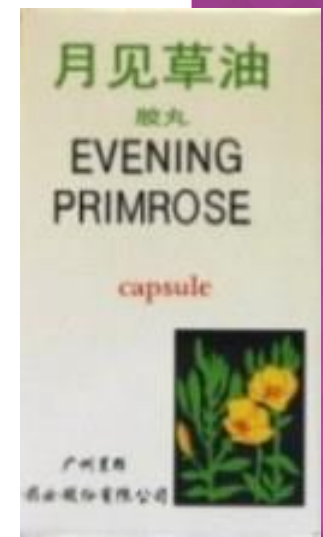
1-Lifestyle changes

- Lower room temperature; use fans.
- Wear clothing in layers for easy removal.
- Limit caffeine and alcohol intake.
- Drink 8 to 10 glasses of water daily.
- Stop smoking
- Avoid hot drinks and spicy food.
- Take calcium (1,200-1,500 mg) and vitamin D (400-600 IU).

CONT...

2) Non-prescription options

- Vitamins & minerals
- Vaginal lubricants & moisturizers
- Acupuncture
- Phytoestrogens (plant estrogens)
 - Watch out for “herbal alternatives” that claim to cure cancer, prevent heart disease or reverse the effects of osteoporosis...



CONT...

3-Hormone Replacement Therapy (HRT) -
medically supervised drug treatment of
menopausal women which involves
supplementing hormone levels



CONT...

- ❖ Nearly 85% of menopausal women

Experience Hot flashes are an early and acute sign of estrogen deficiency.

- ❖ These flashes can be mild or extreme and can last from 2 to 30 minutes

CONT...

There are many options for treating hot flashes:-

- ❖ Treatment must be based on symptom severity, the client's medical history, and the client's values and concerns.
- ❖ the gold standard in the treatment of hot flashes is estrogen, this is not recommended for all women.
- ❖ The following are suggestions for the management of hot flashes

CONT...

1-Pharmacologic options:-

- Estrogen replacement therapy (ERT) unless contraindicated
- Androgen therapy (potentiates estrogen)
- Progestin therapy (Depo-Provera injection every 3 months)
- Clonidine (central alpha-adrenergic agonist) weekly patch
- Propranolol (beta-adrenergic blocker)
- Vitamin E, 100 mg daily

BENEFITS OF EPT AND ET

- ⊙ reduce the risk of osteoporosis.
- ⊙ relieve hot flashes and night sweats.
- ⊙ relieve vaginal & urinary atrophy.
- ⊙ improve cholesterol levels.
- ⊙ reduce the risk of cancer of the colon.

CONT....

2-Lifestyle changes:-

- Lower room temperature; use fans.
- Wear clothing in layers for easy removal.
- Limit caffeine and alcohol intake.
- Drink 8 to 10 glasses of water daily.
- Stop smoking
- Avoid hot drinks and spicy food.
- Take calcium (1,200–1,500 mg) and vitamin D (400–600 IU).

CONT....

- Try relaxation techniques, deep breathing, and meditation.
- Exercise daily, but not just before bedtime.
- Maintain a healthy weight.
- Identify stressors and learn to manage them.
- Keep a diary to identify triggers of hot flashes.

NURSING MANAGEMENT

- ⦿ There is no “magic bullet” in managing menopause.
- ⦿ Nurses can counsel women about their risks and help them to prevent disease and debilitating conditions with specific health-maintenance education.

CONT...

Nurses should also promote for healthy living by encouraging women to:

- ⦿ Participate actively in maintaining their health
- ⦿ Exercise regularly
- ⦿ Take supplemental calcium and eat appropriately to prevent osteoporosis
- ⦿ Stop smoking to prevent lung and heart disease

CONT...

- ⦿ Reduce caffeine and alcohol intake to prevent osteoporosis
- ⦿ Reduce dietary intake of fat, cholesterol, and sodium to prevent cardiovascular disease
- ⦿ Maintain a health weight for body frame
- ⦿ Control stress

CONT...

- ⦿ Perform breast self-examinations to detect breast lesions

“Ideal” monthly cycles: smooth hormonal balance



Let this single line represent the
previous graph with multiple lines.

THANK YOU

