



Menopause - End of Women's Life or New Beginning!

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Abstract

Menopause made from two words meno (monthen) and Pause (termination) ! In brief it is termination of your monthly menstrual cycle! It is time when your body start to produce less estragon! Your stored egg is used up and periods become irregular and eventually stopping al together! It is confusing, distressing and difficult time! Physiotherapy has been considered important in the field of Obstetrics and Gynecology for last three decades. Initially it was concentrated only on Perinatal and Postnatal stages. There are many other problems faced by women's in all age groups from Menarche to Menopause I have attempted to bring all major problems and their Physiotherapy treatment under one roof.

There is a common adage these days that "Men are from Mars and Women are from Venus".

So as OBGYN PT I can really be an asset in this world from Mars and can make my Venus world.

Keywords: PFM (Pelvic Floor Muscles); SUI (Stress Urinary Incontinence); UUI (Urge Incontinence)!

Introduction

Happens to all women's in their life span! Symptoms like SUI, absence menses, hot flushes, irritating things etc.! It happens before 49 called premature! In order to deal with it we must understand what happens to our body during this phase!

"Menopause symptoms are common, but not normal! Disorders are not forever, they are treatable!"

Types

- **Perimenopause:** It is time before your menopause when a women can still get pregnant but irregular periods are there!
- **Menopause:** When women haven't had period for one year! Go for blood test! It's natural will last for 4-5 years with all symptoms!

- **Postmenopause:** Menopause symptoms diminished ! Other problems like osteoporosis and heart disease are their due to hormonal fluctuations and low estragon!

PFM problem and menopause

- Complain like vagina itching, falling out and cough fear!
- Stress Urinary Incontinence
- Urge Urinary Incontinence
- Prolapse
- Atrophic Vaginitis
- Vaginal Dryness
- Reduced Sex drive
- Vaginal dryness

- Constipation
- Vaginal tissue thinning
- Cystitis.

Other problem associated with menopause

- Hot flushes
- Night sweat
- Insomnia
- Mood swings
- Joint and muscle stiffness
- Weight gain
- Memory issues.

Quick tips to deal with menopause

Head: Home exercise and diet plan!

- Don't start your day with caffeine instead have dry fruits!
- Finish dinner 3 hours before!
- Avoid Long gap between meals!
- Finish your meals just before you are full!
- Have fresh fruit, ghee, chutney daily for vitamin K and B!

Exercise rules

- 4S - Strength, Stretch, stability and Stamina!
- Progressive overload!
- Kegels Exercise!
- Yoga like Meditation!

Ways to tackle symptoms of menopause

- PFM Rehab!
- Lifestyle modifications like cut caffeine, alcohol and do activities!
- Vaginal oestrogen for painful sex or dryness like insert vaginal pessaries or vaginal ring and oestrogen cream with applicator!
- Vaginal lubrication for dryness!
- Vaginal dilators with lubrication to stretch vaginal muscles!
- Healthy balanced diet full vitamin, protein and minerals!
- Massage therapy!
- Psychological counseling for motivation!

- Hormone Replacement Therapy for treating menopause symptoms inform of tablets, patch or gel!

Maintain good relations with new beginning

- Spend time with your family!
- Acceptance of yourself!
- Follow balanced diet!
- Love yourself!
- Discuss your worries!
- Exercise Daily!
- 8 glasses water daily!
- Try out new things!
- Celebrate life!
- Prioritize your life!
- Plan your new beginning and retirement!
- Have positive attitude towards life!

My advice

- Never try to be thin!
- Don't go for crash diet!
- Have daily routine!
- Enjoy new role and follow your dreams!
- Share your wisdom while taking care of others!
- Try to happy within your body!

Conclusion

Menopause is a phase of women's life span! It's common to have these symptoms but not normal to bear the pain and irritation! So in this details study you will get enough data for menopause and how to deal with it without getting worried! Right approach needed in right time to heal!

"We don't love someone but we love the idea of loving someone"!

So Follow these to feel 16 always women's :

- Take care of yourself first!
- Wear comfortable clothes!
- Try walking if can't exercise!
- Practice abdominal breathing!
- Laugh as much!

- Pursue your hobby!
- Meet new people!
- Drink lot's of water!
- Enjoy new beginning!
- Diet is important!
- Avoid caffeine!
- Relaxation!
- Never underestimate yourself!
- Avoid Heavy makeup!
- Spiritual awakening!
- Try to communicate!

So with new concept "Menopause is not the end of life but new beginning"!

Basically my article is for those women's who thinks silent suffering like Incontinence and prolapse etc. is common. Yes it is common but curable too. One of mine patient of silent suffering ones told me that, "I knew I had to find help because I didn't want to be dependent on medication for rest of my life".

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