Are you Pre, Peri, or Post Menopause-3rd part Transcript

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Menopause vs. post-menopause

Hormonal changes and symptoms

Hot flashes and treatment options

hi it's dr sklarbak to talk to you in hi it's dr sklarbak to talk to you in our last of our series on are you pre our last of our series on are you pre perry or post menopause that is perry or post menopause that is when it comes to menopause there is no when it comes to menopause there is no rigid medical definition but it's rigid medical definition but it's generally accepted that one year of no generally accepted that one year of no menstrual periods makes you menopausal menstrual periods makes you menopausal and the word menopause comes from meno and the word menopause comes from meno for your menses and paws meaning hasn't for your menses and paws meaning hasn't happened for a while happened for a while so after a full year of no menstrual so after a full year of no menstrual period you have gone through the period you have gone through the menopause transition and you are now menopause transition and you are now either what's called menopausal or either what's called menopausal or post-menopausal the terminology i admit post-menopausal the terminology i admit is confusing and you'll read different is confusing and you'll read different terms in different places but menopause terms in different places but menopause and post-menopause are the same thing and post-menopause are the same thing and it's where you'll be for the rest of and it's where you'll be for the rest of your life once you have stopped having your life once you have stopped having menstrual periods for one year menstrual periods for one year what does this mean about how you feel what does this mean about how you feel and what's going on hormonally and what's going on hormonally with the start of menopause with the start of menopause you now no longer are making estrogen you now no longer are making estrogen and progesterone and progesterone your testosterone level is about half of your testosterone level is about half of what it was previously what it was previously what we see are a number of symptoms what we see are a number of symptoms that occur in menopausal women that occur in menopausal women in the first year of menopause and they in the first year of menopause and they become more severe as time goes on become more severe as time goes on the sexual issues are what i'm talking the sexual issues are what i'm talking about the vaginal dryness and loss of about the vaginal dryness and loss of libido libido libido occur in the first year after menopause occur in the first year after menopause and about 42 percent of women and by and about 42 percent of women and by eight years in menopause almost 80 eight years in menopause almost 80 percent of women are having these sexual percent of women are having these sexual problems problems problems what else happens well frequently with what else happens well frequently with the lack of estrogen women experience the lack of estrogen women experience hot flashes or hot flushes hot flashes or hot flushes what are these what are these these can be either brief episodes of these can be either brief episodes of feeling warm which then subsides feeling warm which then subsides spontaneously spontaneously spontaneously in some women they last for 5 minutes in some women they last for 5 minutes unfortunately in other women they may unfortunately in other women they may last a half hour last a half hour they may be accompanied by profuse they may be accompanied by profuse sweating sweating sweating turning red turning red having dizziness or palpitations having dizziness or palpitations all of these things are representing all of these things are representing what are called hot flashes what are called hot flashes if they occur at night they can be very if they occur at night they can be very disruptive to sleep creating disruptive to sleep creating insomnia problems that make you feel insomnia problems that make you feel very fatigued the next day very fatigued the next day and if they're occurring and are severe and if they're occurring and are severe in the day time they can really in the day time they can really interfere with your work and family life interfere with your work and family life so as you can see so as you can see menopause is a time of tremendous change menopause is a time of tremendous change now will these things continue it's very now will these things continue it's very difficult to say difficult to say the average term of hot flashes is said the average term of hot flashes is said to be two to five years but there are to be two to five years but there are many women who persist in having hot many women who persist in having hot flashes lifelong unless they are treated flashes lifelong unless they are treated what can you do about the symptoms that what can you do about the symptoms that you have in menopause you have in menopause my perspective is that being on a my perspective is that being on a balanced hormone program will help your balanced hormone program will help your menopause

symptoms and will help ease menopause symptoms and will help ease you through the transition that i've you through the transition that i've discussed with you from pre to peri to discussed with you from pre to peri to