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

(Transcripts are generated by AI and may contain errors)

Menopause and Postmenopause Basics

Hi, it's Dr. Sklarback to talk to you in our last of our series on are you pre, peri, or post menopause, that is. When it comes to menoppause there is no rigid medical definition, but it is generally accepted that one year of no menstrual periods makes you menapausal.

And the word menapaus comes from meno for your menses and pause, meaning hasn't happened for a while. So after a full year of no menstrual period, you have gone through the menopause transition, and you are now either what's called menapausal or post-menaposal.

Hormonal Changes After Menopause

The terminology, I admit, is confusing, And you'll read different terms in different places. But menoppause and postmenopaus are the same thing. And it's where you will be for the rest of your life once you've stopped having menstruation periods for one year.

What does this mean about how you feel and what's going on hormonally? With the start of menopause, you now no longer are making estrogen and progesterone.

Your testosterone level is about half of what it was previously.

Sexual Symptoms and Vaginal Dryness

What we see are a number of symptoms that occur in menopposal women in the first year of Menopausal and they become more severe as time goes on. The sexual issues are what I'm talking about.

The vaginal dryness and loss of libido occur in the first year after menopause in about 42 percent of women. And by eight years in menoppause, almost 80 percent women are having these sexual problems.

What else happens? Well, frequently with the lack of estrogen, women experience hot flashes or hot flushes What are these?

Hot Flashes and Sleep Disruption

These can be either brief episodes of feeling warm, which then subsides spontaneously. In some women, they last for five minutes. Unfortunately, in other women they may last a half hour.

They may be accompanied by profuse sweating, turning red, having dizziness or palpitations, All of these things are representing what are called hot flashes.

If they occur at night, they can be very disruptive to sleep, creating insomnia problems that make you feel very fatigued the next day. And if they're occurring and are severe in the daytime, that can really interfere with your work and family life.

So as you can see, menopause is a time of tremendous change.

How Long Symptoms Last and Treatment

Now, will these thing continue? It's very difficult to say. The average term of hot flashes is said to be two to five years, but there are many women who persist in having hot flash lifelong unless they are treated.

What can you do about the symptoms that you have in menopause? My perspective is that being on a balanced hormone program will help your menoppause symptoms and will ease you through the transition that I've discussed with you from pre to peri to post-menopausal.