

Menopause

Menopause is the natural cessation of periods due to the loss of ovarian reserve. Menopause is diagnosed 12 months after the cessation of periods without another pathological cause. For this reason menopause can only be diagnosed in retrospect. Perimenopause is the period prior to menopause; it can last from a few months up to 5 years.

Common Symptoms

- Change in Menstrual cycles
 - Cycles will commonly start to elongate, however some women report short cycles or heavy menses.
- Hot flushes (Vasomotor symptoms)
 - Commonly the most debilitating symptom of menopause. 10% of women will continue to have hot flushes until the end
- Sleep disturbance
- Mood changes
- Urogenital atrophy
- Formication (the feeling of things crawling under the skin)
- Changes to concentration
 - Many women complain of changes to short term memory.

Each woman is different on how menopause affects them, some stop having periods and no symptoms, others start having severe symptoms in the perimenopausal phase that is debilitating to their quality of life. If you feel menopause is having a negative impact on your quality of life there are varying options.

What about HRT

Hormone Replacement Therapy (HRT) was cast in a negative light in 2002 following the Women's Health Initiative (WHI.) This resulted in millions of women worldwide throwing away their HRT and suffering through menopause. While we know that HRT has risks associated with it, if commenced early mortality can be reduced. Every medication has risks and benefits and it requires a relationship between the woman and her gynaecologist to find the right regime for her.

Some women are not suitable for HRT based on their medical histories, don't despair we have options for you as well. While HRT is the best medication for hot flushes, other therapies are available to give these women a better quality of life.

If you feel menopausal symptoms are ruining your life please feel free to call the rooms to make an appointment to discuss your needs. All new patients will require a referral from their GP to claim Medicare rebates.