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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

All You Wanted To Know About Menopause and Its Prevention

By Venkata Ramana

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Menopause occurs when a women stops ovulating and her periods ceases. Most women reach menopause between 45 and 55 years, with an average age around 50. But about 1% reaches it before 40, which is known as premature menopause or premature ovarian failure.

For women in their teens and 20's the loss of their fertility is devastating. They will also experience a long period of postmenopausal life, and hormonal replacement therapy may be advised.

Symptoms:

Ø Menstrual cycle changes Ø Changes in the bleeding pattern Ø Hot flushes Ø Sweats Ø Urinary problems such as incontinence or increased frequency of urination. Ø Dry vagina Ø Mood changes Ø Weight changes etc

Are some of the basic symptoms.

Prevention:

We can prevent early Menopause, by preventing unwanted surgeries, of the uterus or the ovaries unless there is strong indication for their removal. Such Surgeries can lead to autoimmune diseases such as diabetes, Rheumatoid arthritis and thyroid disorders. Conserving even a single ovary can help in preventing the onset menopause.

Urban women have access to information or counseling, but unfortunately the women in rural areas of Asia have no such knowledge. The good news for those who would like to rule out doubts about the onset of menopause will soon be available in the form of LH Kits (Leutinizing hormone) to check their ovulation especially used with infertility patients. While stress cannot be over emphasized, it has a role in temporary or prolonged cessation of periods.

Treatment:

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Generally early menopause too is treated in a similar way as menopause itself, through HRT (Hormone Replacement Therapy), life style modification,calcium and good nutrition.

HRT – It must be borne in mind that an extensive study shows that HRT is not a protection against heart diseases as was believed before and infact not quite the "happy pill" – that women had thought is given up to the age of menopause.

Venkata Ramana is a Fitness Enthusiast and a Professional Body Builder. Visit his <http://www.health-qa.com/> and <http://www.awpregnancy.com/> websites and gain maximum Information

to stay fit and healthy.

Why Worry About Menopause?

By Jeff Jefferson

As a woman who wants to know about the symptoms of menopause, it is important to have a deeper understanding of what menopause really is. This deeper understanding will give you more insight into what to expect as menopause starts.

There are many women who don't have all the true information about menopause, except some myths and none-fact information about menopause. Such information only ends up confusing you, instead of helping you.

Menopause is simply the permanent end to menstruation of women. The time that this occurs varies from women to women. In the United States, for example, most women start experiencing menopause from their late 40s. Many other women, start experiencing menopause in their early 50s.

While some women happily and patiently look forward to it, others get scared of it. For those who look forward to it, they could be tired of monthly menstruation and look forward to menopause knowing they would no longer menstruate. This is especially true for ladies who always have painful menstrual periods.

For those who get scared of it, they could still be expecting to bear children and so don't want menopause since it will signal an end to child bearing.

Whichever category you fall into, menopause signals the end of your ability as a lady to bear children. Menopause in most women is preceded by 10 to 15 years during which the ovaries gradually stop producing eggs and sex hormones. This period is also known as the climacteric period.

Instead of worrying stiff about when menopause will start and the symptoms, it's more important to start preparing your mind and body for it. If you need to bear children, start early before your late 40s and early 50s. This will ensure you get done with child bearing before menopause catches up with you.

Want to Discover 4 Menopause Secrets?



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