

MULTIDISCIPLINARY MANAGEMENT

midlife and beyond...



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one stop solution for all health issues of women 35 years plus

Fit at **Forty...** Strong at **Sixty...** Independent at **Eighty...**

Risk of certain medical conditions after menopause

» **Heart and blood vessel (cardiovascular) disease:**

After menopause when a women's estrogen levels decline, her risk of cardiovascular disease increases. Regular exercise, eating a healthy diet and maintaining a normal weight is very important for her. Ask her doctor for advice on how to protect her heart, such as how to reduce her cholesterol or blood pressure if it's too high.

» **Osteoporosis:**

This condition causes bones to become brittle and weak, leading to an increased risk of fractures. During the first few years after menopause, she may lose bone density at a rapid rate, increasing her risk of osteoporosis. Postmenopausal women with osteoporosis are especially susceptible to fractures of their hips, wrists and spine.

» **Urinary incontinence:**

As the tissues of vagina and urethra lose elasticity, she may experience frequent, sudden, strong urges to urinate, followed by an involuntary loss of urine (urge incontinence), or the loss of urine with coughing, laughing or lifting (stress incontinence). She may have urinary tract infections more often.

» **Sexual function:**

Vaginal dryness from decreased moisture production and loss of elasticity can cause discomfort and slight bleeding during sexual intercourse. Also, decreased sensation may reduce her desire for sexual activity (libido).

» **Weight gain:**

Many women gain weight during the menopausal transition and after menopause because metabolism slows.

» **Cancer:**

Gynaecological cancers are more common in menopausal age group, most common being the cervical cancer, breast cancer and ovarian cancer.

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