

Poise

A Publication of Indian Menopause Society

10th Issue
October-November 2011 • Rs. 25

World Menopause Day

POSTER INSIDE



Gandhi on Women



Festivities of India

India is a country of festivals and celebration. It has a very rich historical and cultural background. Each Indian festival has a proper meaning, reason and significance behind its celebration.



Yoga for Aging Women



Indian
Menopause Society

Editorial Board

AGRA - Dr Jaldeep Malhotra	09897033335
AJMER - Dr Nirmla Gupta	09829263390
AHMEDABAD - Dr Vineet V. Mishra	09426078333
ALLAHABAD - Dr Vandana Bansal	09793427272
BANGALORE - Dr Vidyamant	09341226034
BHARUCH - Dr Bhavana Sheth	09824116449
CALICUT - Dr Shobhna Mohandas	09447023815
CHANDIGARH - Dr Neelam Aggarwal	09914209344
CUTTACK - Dr Mrutyunjay Mohapatra	09437023444
CHENNAI - Dr Mala Raj	08056225577
DELHI - Dr Raksha Arora	09968604342
FARIDABAD - Dr Anita Kant	09910114264
GURGAON - Dr Pushpa Sethi	09810015259
GUWAHATI - Dr Bishnu Prasad Das	09864095772
HYDERABAD - Dr Chorapur Ambuja	09440776294
INDORE - Dr Neeraj Pauranik	09826010066
JABALPUR - Dr Roonlekha Chauhan	09425159991
JALANDHAR - Dr Amita Sharma	09814066603
JAIPUR - Dr Seema Sharma	09829163290
JAMMU - Dr Sudhaa Sharma	09419194181
KOLKATA - Dr K.D.Bakshi	09830017864
LUCKNOW - Dr Yashodhara Pradeep	09415002736
MUMBAI - Dr Rita Shah	09821139999
NAGPUR - Dr Sulbha Joshi	09823286524
NAVI MUMBAI - Dr Mandakini Parthar	09869008854
PATIALA - Dr Manjot Kaur Mohl	09878098181
PUNE - Dr Mohan Magdum	09822217243
RAIPUR - Dr Tripti Nagarla	09425506828
RAJKOT - Dr Niranjana V Parikh	09375013134
SURAT - Dr C.H Trivedi	09374712937
VARANASI - Prof Anuradha Khanna	09415343904
GWALIOR - Dr Roza Oiyal	09425112617
LUDHIANA - Dr Iqbal Ahuja	09814032031
JODHPUR - Dr Renu Makwana	09829226402
UDAIPUR - Dr Kaushal Chundawat	09829232769

October-November 2011

Chief Editor: Dr Sonia Malik
Layout & Design: Kumar Arts

Published by:

Indian Menopause Society
Flat No. 2, C-1 Market,
Vasant Kunj, Delhi
Tel: 91-11-26899573, 26153635
Email: sm_doc@rediffmail.com

DISCLAIMER: The views and opinions expressed in POISE are solely those of the authors and do not necessarily reflect those of the editors or publisher. Although all efforts have been made to ensure the complete accuracy of text, neither the editors nor publisher can accept responsibility for consequences arising from errors or omissions or any opinions or advice given.



CONTENTS

- 4 Dietary Guidelines after Menopause
- 5 Flaxseed and its Health Benefits
- 6 Gandhi on Woman
- 7 Menopause and Body Changes
- 8 Sleep Disturbance and the Menopause
- 10 Festivities of India
- 12 Yoga for Aging Women
- 14 Premature Menopause & its Management
- 16 मिनोपॉज— महत्वपूर्ण जानकारी
- 18 विश्व मेनोपॉज दिवस पर विशेष
- 21 Menopause - Oestrogen only Therapy

From the Editors' Desk

Dear Reader,

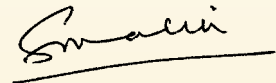
“Breezing through menopause” is the theme of the year for us at the Indian menopause society. In keeping with this theme POISE has always tried to talk to you about the various facts of menopause thus preparing you, in order that you can “breeze” through this stage of your lives. This Oct issue celebrates World Menopause Day that falls on 18th Oct by bringing you many messages and fact statements on how to handle aging! This month we also celebrate World Osteoporosis Day and Breast Cancer Day in order to remind all of you that you all need a well woman check! Do get yourselves examined and take a pledge that you would do so each year!



For those of you who are just entering this phase, life may be a roller coaster – hot flushes maybe troublesome. Please read our president’s message and all that is within this journal to allay your fears. Remember what Gandhiji said, “A man is but the product of his thoughts. What he thinks, he becomes.” Yes, the more you think about your flushes, the more they will trouble you! Dr Sulbha Joshi tells you how yoga can help and Dr Pushpa Sethi talks about the goodness of Flaxseeds – the only vegetarian source of omega 3 fatty acids. There’s much more so read on.....

And to take your mind off troubles, we feature some of the relevant women’s festivals of this month for you!!

Wishing all our readers a very happy festive season



Dr. Sonia Malik
Editor

Message from the President

Dear Friends

“October 18” is the “World Menopause Day.” To celebrate the day, International Menopause Society is launching a new campaign to create awareness of vasomotor symptoms like hot flashes and night sweats and aims at encouraging more women to seek help from their physicians.



The International Menopause Society along with associated societies including IMS all round the world has passed a resolution that “No Woman Should Suffer in Silence, and No Longer Should They Grin and Bear It” as these menopausal symptoms are debilitating and distressing for both woman and her family.

The IMS aims to focus the attention to the need of menopausal women. This can be achieved only when all its members who are a part of this wonderful organization by choice and not chance show commitment for the cause.

The IMS is a great organization which has got talented individuals with academic excellence. As the president of this prestigious organization I urge and request all its members to be committed to the cause of helping these women by imparting their knowledge, education and services, and making them aware of various treatment options available and how they can access the medical services.

The mission of IMS is to promote and advance communication, impart knowledge, education and help in research aimed at improving all aspects of health of adult women. This has been initiated this year with various agendas which include magazine “Poise”, newsletters, editorials, menopausal camps, training of the service providers through CDs, e-mails, columns in the IMS website to name a few.

Our efforts should continue to make a woman’s life worthwhile living in their old age. The knowledge, skill and understanding we gain from the society needs to be imparted to train people from different walks of life – especially non-medical members of IMS who can be of immense help to us in achieving our goal.

Let us pledge today to tell the world that:

1. We would help the women in their autumn years to face the world with dignity and pride.
2. All efforts would be made to slow the process of aging, to enjoy life for longer, and to reduce cell and system deterioration and prevent onset of common life style related diseases, for instance: Diabetes, Obesity, Hypertension, Osteoporosis, Dementia and CHD.
3. That we will aim at menopausal preventive health care measures which can assist in postponing the morbidity to the point beyond which can be called prevention of morbidity.

Quality is never an accident. It comes with conscious efforts. Quality brings how to age less, look great, live longer and get more.

Committed to the cause of IMS.

Dr. Saroj Srivastava
(IMC National President) 2011-2012

Dietary Guidelines after Menopause

What are some basic dietary guidelines?

Eat a variety of foods to get all the nutrients you need. Since women's diets are often low in iron and calcium, follow these simple guidelines:

Get enough calcium - Eat and drink 2 to 4 servings of dairy products and calcium-rich foods a day to ensure that you are getting enough calcium in your daily diet. Calcium is found in dairy products, curds, paneer, broccoli and legumes.

Pump up your iron intake - Eat at least 3 servings of iron-rich foods a day to ensure that you are getting enough iron in your daily diet. Iron is found in lean red meat, poultry, fish, eggs, leafy green vegetables, nuts and enriched grain products.

Get enough fibre - Help yourself to foods high in fibre such as whole-grain breads, cereals, pasta, rice, fresh fruits and vegetables.

Eat fruits and vegetables - Include at least 2 to 4 servings of fruits and 3 to 5 servings of vegetables in your daily diet.

Read labels - Use the package label information to help you to make the best selections for a healthy lifestyle.

Drink plenty of water - Drink at least eight 8 to 10 glasses of water a day.

Maintain a healthy weight - Lose weight if you are overweight by cutting down on portion sizes and reducing foods high in fat, not by skipping meals. A registered dietician or your doctor can help you determine your ideal body weight.

Reduce foods high in fat - Fat should provide 30 percent or less of your total daily calories. Also, limit saturated fat to less than 10 percent of your total daily calories. Saturated fat raises cholesterol and increases your risk of heart disease. Saturated fat is found in fatty meats, whole milk, ice cream and cheese. Limit cholesterol intake to 300 milligrams (mg) or less per day.

Use sugar and salt in moderation - Too much sodium in the diet is linked to high blood pressure. Also, go easy on smoked, salt-cured and charbroiled foods – these foods contain high levels of nitrates, which have been linked to cancer.

Limit alcohol intake - Women should limit their consumption of alcohol to one or fewer drinks per day (3 to 5 drinks per week maximum).

Can foods reduce menopausal symptoms?

Plant-based foods that contain isoflavones (plant estrogens) work in the body like a weak form of estrogen and may help

relieve menopausal symptoms in some women. Some lower cholesterol levels and have been suggested to relieve hot flashes and night sweats. Currently, most research indicates that soy isoflavones are not particularly effective for treating several menopausal symptoms. Aside from soy products, isoflavones can also be found in foods such as **whole grains and beans**.

The phytoestrogens that have been isolated from a variety of plant food are phenolic (rather than steroidal) compounds; the major categories of phytoestrogens include isoflavones, lignans, and coumestans. Soy, other beans, clover, and **alfalfa** contain isoflavone precursors, which are converted to genistein, daidzein, and equol by intestinal bacteria. Flax seeds, other seeds, legumes, whole grains, and some fruits and vegetables contain lignan precursors that can be converted to enterolactone and enteridiol by intestinal bacteria. Phytoestrogens can have estrogenic activity as potential dietary derived modulators with endocrine function.

Should I avoid certain foods while I am going through menopause? If you are experiencing hot flashes, you may find that consuming certain “trigger” foods and beverages – spicy foods, caffeine, and alcohol – may increase the severity and frequency of hot flashes.

Are there dietary supplements I can take to ease symptoms/prevent manifestations of menopause? Because there is a direct relationship between the lack of estrogen after menopause and the development of osteoporosis, the following supplements, combined with a healthy diet, may help prevent the onset of this condition.

Calcium - If you think you need to take a supplement to get enough calcium, check with your doctor first. Calcium carbonate and calcium citrate are good forms of calcium supplements. Be careful not to get more than 2,000 mg of calcium a day. That amount can increase your chance of developing kidney problems.

Vitamin D3 (Cholecalciferol) - Your body uses vitamin D to absorb calcium. People aged 51 to 70 years should have 600 to 800 IU each day and those over age 70 years should have 800 IU. More than 2,000 IU of vitamin D each day is not recommended because it may be too much for your body.

This Dietary guidelines has been developed by the Australasian Menopause Society





Dr Pushpa Sethi, Gurgaon

Flaxseed and its Health Benefits

The tiny little brown seeds called ALSI, available at the regular Pansari shop have been shown to have multiple health benefits. Alsi or flaxseeds, are low in calories & carbohydrates, but are full of vitamins, minerals, essential omega fatty acids & antioxidants that keep many health problems away, thus keeping you healthy & fit. You can include flaxseeds in your diet on cereals, on salads, top it on yogurt, or put it in shakes. You can eat it directly or in combination. Grind a small amount of the seeds in a blender and store it in an airtight, dark colored glass jar in a fridge. Flaxseed oil is also available in the market in a dark jar, and also in capsule form. It can be taken as such, topped on yogurt or salads. It should not be heated. Below are listed some of the health benefits of flaxseeds.

CARDIO-PROTECTIVE – Due to the presence of high content of alpha-linolenic-acid (ALA), a type of plant derived omega-3-fatty acid, flaxseeds are known to have cardio protective benefits. Flaxseeds help in lowering total and LDL cholesterol levels, they may also keep platelets from becoming sticky, therefore reducing the risk of heart attacks.

CONTROLS BLOOD SUGAR LEVELS – Fiber present in flaxseeds, helps stabilize blood sugar levels. A recent study demonstrated lowering of blood sugar levels by 28% an hour after eating flaxseeds.

CANCER FIGHTING AGENT – Flaxseeds are high in lignans (a phytoestrogen), and in alpha-linolenic-acid (ALA), which are found to be promising as a cancer fighting

agent. Flaxseeds high fiber aspect is also beneficial in fighting against colon cancer. Lignan metabolites can bind to estrogen receptors, hence, inhibiting the onset of estrogen stimulated breast cancer. Lignans are known to promote fertility, reduce perimenopausal symptoms, and possibly help prevent breast cancer.

PREVENTS CONSTIPATION – Flax is high in both soluble and insoluble fiber. Flaxseeds promote regular bowel movements and help to absorb water, thereby softening the stools, and allowing to pass through the colon quickly.

BOOSTS IMMUNITY – A study in the Nutrition journal stated that, eating flaxseeds daily favorably affects body's immunity, which is the body's ability to defend itself successfully against micro-organisms. Lignans and ALA affect immune cells and compounds that control immune reaction.

MOOD-ENHANCER – Flaxseeds have a mood boosting ingredient called 'Docosahexaenoic acid' or DHA, which is essential for proper function of brain cells. Flaxseeds decrease the risk of Alzheimer's disease, due to the presence of Omega-3-fatty acids.

So friends, these small but potential power house of exceptionally good properties, the flaxseeds, should be made a part of our daily diet. Why consume medicines when same benefits are available in these natural seeds. Moreover they are cheap and easily available. So happy flaxseeding, to keep your heart, mind and body healthy.

Dr Pushpa Sethi Consultant Gynaecologist, Chapter Secretary, Indian Menopause Society Gurgaon



Gandhi on Women

Woman is more fitted than man to make exploration and take bolder action in nonviolence... There is no occasion for women to consider themselves subordinate or inferior to men... Woman is the companion of man, gifted with equal mental capacity....If by strength is meant moral power, then woman is immeasurably man's superior....If nonviolence is the law of our being, the future is with women...

Gandhi Quotes on Men and Women

"The good man is the friend of all living things."

"The real ornament of woman is her character, her purity."

"I have worshiped woman as the living embodiment of the spirit of service and sacrifice."

"Man becomes great exactly in the degree in which he works for the welfare of his fellow-men."

"Man can never be a woman's equal in the spirit of selfless service with which nature has endowed her."

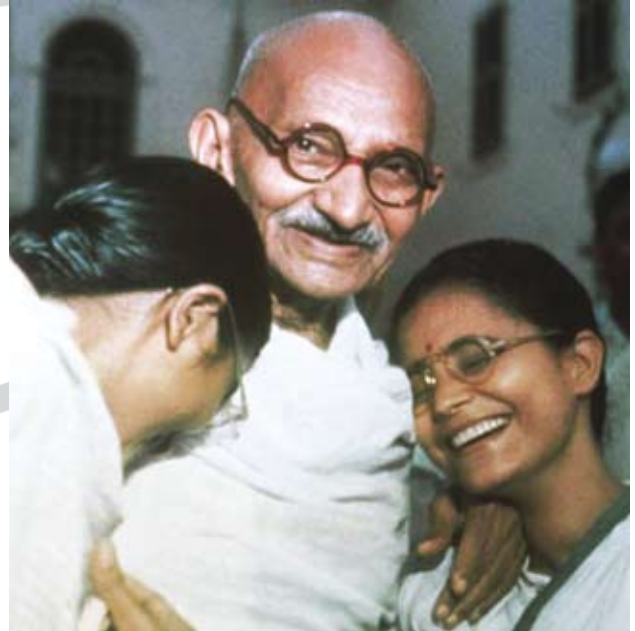
"Man lives freely only by his readiness to die."

"Man should forget his anger before he lies down to sleep."

"Man's nature is not essentially evil. Brute nature has been known to yield to the influence of love. You must never despair of human nature."

"Man falls from the pursuit of the ideal of plan living and high thinking the moment he wants to multiply his daily wants. Man's happiness really lies in contentment

(Young India, 10.4.1930)



To call woman the weaker sex is a libel; it is man's injustice to woman. If by strength is meant brute strength, then, indeed, is woman less brute than man. If by strength is meant moral power, then woman is immeasurably man's superior. Has she not greater intuition, is she not more self-sacrificing, has she not greater powers of endurance, has she not greater courage? Without her man could not be. If non-violence is the law of our being, the future is with woman. Who can make a more effective appeal

INFORMATION SHEET

Menopause and Body Changes

Women may find their body changes during menopause. Unpleasant symptoms such as dry skin, the sensation of crawling under the skin, dry vagina, pain during intercourse, joint and muscle aches, and frequent urination are common. Some of these symptoms can be due to lower levels of the hormone oestrogen, which is the main hormonal change at menopause. While the use of oestrogen replacement therapy may be useful for some women with some of the changes detailed below, it should not be regarded as an antiageing therapy.

Skin

Dryness, loss of elasticity, and thinning of the skin occur around the time of menopause, along with increased wrinkles. These changes are due to a combination of deterioration due to ageing and hormonal changes. Wrinkles are made worse by smoking and exposure to sun throughout life.

- Oestrogen therapy has beneficial effects on the skin. Studies have shown that oestrogen increases skin thickness as well as increasing the water-holding capacity of the upper layer of the skin. Oestrogen may also decrease skin slackness and improve the skin's capacity for repair.
- The sensation of crawling on or under the skin, called formication, is relieved by oestrogen therapy.
- Acne may occur and may accompany unwanted hair growth.

Teeth

- Many women notice deterioration in the condition of their teeth after menopause.
- It is common to experience reduced saliva, increased gingivitis (bleeding gums) and sometimes changes in taste and smell.
- Osteoporosis (bone thinning) has been linked to tooth loss, with reduced bone in the jaw leading to lack of support for teeth.

Vulva and Vagina

- The genital tract is highly oestrogen-dependent, so dry vagina and vulva are common complaints at menopause. This can lead to discomfort or pain during intercourse as well as bleeding or spotting after intercourse. It is normal for the labia (vulval lips) to become thinner with menopausal hormonal changes.
- Vulval dryness can worsen other vulval skin conditions (e.g. eczema) which cause itching and irritation.
- Avoiding soap and bodywashes on the vulva can help relieve irritation and dryness. Alternatives to soap include sorbolene with glycerine or special low-irritant cleansing lotions available from the chemist.

- All of the above vulvovaginal symptoms respond well to locally applied oestrogen preparations as well as to hormone therapy (HRT).

Bladder

- Urinary frequency and incontinence are more common around the time of menopause.
- The most common cause of incontinence is an overactive or irritable bladder. Vaginal oestrogen therapy may help this condition.
- Some women find combined HRT beneficial for incontinence but others do not. In some women HRT may make incontinence worse
- Other incontinence treatments include medication, physiotherapy and, if necessary, surgery. These may be considered after further investigations of the incontinence have been undertaken.

Joints and Muscles

- Joint and muscle aches and pains are common symptoms during menopause.
- Conditions such as osteoarthritis are also common at this time.
- Exercise is an important part of management of these symptoms. (See AMS Healthy Ageing and Lifestyle pamphlet)
- Joint and muscle aches may improve with the use of HRT.

Hair

- Many women notice increased facial hair at menopause.
- Thinning of scalp and pubic hair is also common.
- HRT, particularly oral forms, can help to control facial hair in some women.
- Other treatments for increased facial hair include waxing, laser therapy and antitestosterone medication.
- There are some treatments using scalp lotions that can be applied to help thinning scalp hair.

This information sheet has been developed by the Australasian Menopause Society

INFORMATION SHEET

Sleep Disturbance and the Menopause

Sleep disturbance, or insomnia, is a common problem in menopause. Having problems sleeping is not only unpleasant, it also affects quality of life, increases the risk of accidents, and can reduce concentration and memory.

Insomnia - unsatisfactory sleep - occurs in up to twice as many women during and after menopause compared to younger women. This deterioration in sleep usually starts a few years before menopause.

Causes

Sleep disturbance in menopause is not due to one single reason. Many factors may affect different women in varying degrees, including:

Hot flushes and night sweats: Common at night, hot flushes are often severe enough to disrupt sleep. Women treated for flushes have been shown to have improved sleep. HRT is the most effective treatment for hot flushes and night sweats. (see AMS pamphlets on HRT and Non-Hormonal Treatments for Menopausal Symptoms)

Depression: Women with depressed mood and anxiety experience poor or insufficient sleep; (see AMS pamphlet on Depression and Menopause).

Sleep apnoea: Menopausal hormonal changes appear to affect the upper airway, restricting air flow and in some cases causing the disorder, sleep apnoea, usually accompanied by snoring. Oestrogen loss causes body fat to redistribute to the abdomen, a known factor in development of abnormal breathing.

Restless legs: This is a surprisingly common reason for poor sleep in women during menopause. The condition involves episodes where women have an irresistible urge to move their legs and may have unpleasant and uncomfortable feelings in the legs. This is often worse at rest.

Unknown: there are cases when no cause is found for disturbance in sleep pattern.

Relief

The cornerstone of management is "sleep hygiene". This is a series of steps women can take to control the environment of their bedroom, the timing of sleep and avoidance of food and drink that may overstimulate.

Steps to follow when you cannot fall asleep:

1. Get up if you cannot sleep after trying for 15 to 20 minutes. Staying in bed while restless and anxious is unlikely to result in sleep.
2. Do something quiet and distracting (e.g. cards, reading, jigsaw, knitting, warm bath). If your mind is active or you are worrying about problems in your life engage in an activity requiring mental effort such as a crossword. By distracting yourself from worries you may find it easier to wind down and become sleepy.
3. Write a list before you go to bed of any worries that you have and then resolve to address this in the day time.
4. Go back to bed when you feel more relaxed and sleepy.
5. If you are still awake after a further 15 to 20 minutes of trying to sleep get out of bed again.

Tips for improving sleep long-term

When you wake up:

- Get out of bed as soon as you wake up. Do not attempt to make up for "lost sleep".
- Try to get up about the same time each morning, about 7 - 7.30 am.
- Go outside into the sun.



- Do some physical activity, like walking to get the newspaper.

During the day:

- Do not nap. If you nap you will be less tired when you go to bed and it will take longer to fall asleep.
- If you are worrying about things during the night, identify the problems that are causing you stress and set aside time during the day for problem solving. Ask your GP about the technique of "structured problem solving".
- Aim to be active in the early morning or late afternoon - it helps set your body's daily clock.

Late afternoon:

- Avoid drinking caffeine after about 4 pm. Try not to drink more than two cups a day of caffeinated drinks (e.g. coffee, strong tea, cola).
- Be active while the sun is up.

Before going to bed:

- Avoid going to bed too early, (not before 10 PM) it is not the right time for deep sleep.
- Avoid using alcohol to help you sleep. Alcohol is broken down in your body and causes you to sleep less deeply and wake more frequently.
- Do not smoke within an hour or two of going to bed. Smoking stimulates your nervous system.

AVOID TAKING SLEEPING PILLS.
IF YOU DO NEED SLEEPING
PILLS, TRY NOT TO TAKE THEM
FOR LONGER THAN A WEEK
BECAUSE THEY ARE ADDICTIVE

- Do not go to bed hungry or with a full bladder.
- Regular exercise can improve sleep, but avoid vigorous exercise late in the evening.
- Allow yourself time to wind down before bed. If you are working or studying, stop at least 30 minutes before bedtime and do something relaxing.
- Use your bed only for sleep and sex! Avoid reading or watching TV in bed because by the time you turn off the light your body may be restless since it has been lying in bed for a while.
- Avoid taking sleeping pills. If you do need sleeping pills, try not to take them for longer than a week because they are addictive.
- Consider using a sleep diary. It would help you to observe your sleep pattern and may help your doctor with management.

While you sleep:

- Try to make your bedroom quiet, dim and cool.
- Avoid too many blankets and electric blankets. Too much heat stops deep sleep.



Other treatments for poor sleep

Hormone Replacement Therapy:

Women faced with significant symptoms at menopause may consider hormone therapy (oestrogen and progesterone).

- Hormone replacement therapy may relieve many menopausal symptoms including sleep disturbance.
- The decision to take these hormones should be based on the woman's individual needs and attitude to the possible risks. (see AMS HRT pamphlets)

Alternative therapies:

Many women would prefer to use alternative or herbal treatments rather than prescribed medications.

- It is unclear how effective these are in sleep disturbance.

Other prescription medications:

Other, less commonly used medications may help at this time.

- Antidepressants: Where depression or anxiety is present, antidepressants may be helpful in improving sleep.
- Sleeping pills, such as benzodiazepines (eg temazepam), are not recommended for regular use because of the high risk of addiction. Zolpidem is an alternative sleeping pill (not a benzodiazepine) which is sometimes used short-term for insomnia. However it should be avoided when sleep apnoea is present.

Festivities of India

FESTIVITIES OF INDIA

India is a country of festivals and celebration. It has a very rich historical and cultural background. Each Indian festival has a proper meaning, reason and significance behind its celebration. Fun and enjoyment are the aspects of the festivals, which sets the festive mood.

NAVRATRI

The Hindu festival of Navratri, which extends for nine days, is celebrated with gusto in different regions of the country. In the eastern state of West Bengal, the festival takes the shape of Durga Puja, when the devotees of the deity celebrate the triumph of good over evil. There, Ma Durga is worshipped as Goddess Shakti. In north India, Maharashtra and Gujarat, people observe a seven day fast during Navratri and break their fast on Ashtami (the eighth day of the festival) by worshiping young girls. However, some people observe fast until the Ashtami and break their fast only on Navami (the ninth day). Navratri is celebrated in myriad ways, by the Hindus across India. The celebrations seen in north India would be exactly the opposite of the merrymaking of people in South India. The mood of people in the eastern state of West Bengal is entirely different during the festive season. While in the western state of Gujarat, it is a nine-day carnival, with glowing city lights, scintillating dance performances and grooving music. The performance of Garba, a popular folk dance of Gujarat, is the highlight of the celebrations of Navratri in the state.



DUSSEHRA

The tenth day is the Vijaydashmi ('Vijay' meaning 'victory' and 'Dashmi' meaning 'tenth day'), this is popularly known as Dussehra a popular festival celebrated by Hindus all over India, albeit with different names. It signifies the triumph of good over evil. It is believed that it was on this day that Lord Rama killed the demon-king, Ravana and rescued his abducted wife – Sita. Bengalis celebrate Dussehra as a part of their main festival - Durga Puja. This day marks the end of Durga Pooja celebrations, the preceding nine days being collectively referred to as 'Navratri'. In the southern states of Tamil Nadu and Kerala, Vijaydashmi holds special significance. The day is considered auspicious for starting education or any form of art, such as dance and



music. Saraswati Puja is conducted on the day, when the formal commencement of education of small kids takes place. It is called 'Vidya aarambham'.

KARVACHAUGH

According to Indian tradition, marriage introduces the responsibilities, privileges and rights of a husband and wife towards each other. In a traditional hindu family, husband is the earner and the protector of the family whereas the various duties of a wife involve proper care, nurturing, education and continuity of cultural heritage of the family for future generations.

Indian women keep various fasts to show her respect and affection for her husband. They pray for a healthy and prosperous marital life. In different regions, these special days are known by different names. Some of them are mentioned below.

Karwa Chauth - Karwa Chauth is the most popular festival among married women. It is widely celebrated throughout North India. Having an extraordinary observance rate among married Hindu women, the fast of Karwa Chauth



is undertaken by married woman seeking the welfare and prosperity of their husbands. Karwa Chauth is celebrated as a grand festival amongst the entire North Indian community settled either in India and other parts of the world. The festival falls on the Kartik ki Chauth which means the fourth day of the waning moon or dark fortnight of Hindu month of Kartik. According to English calendar, the month corresponds to October or November. The festival is comes about nine days before the festival of Diwali.

The important aspect of Karwa Chauth is that a dawn to dusk fast is undertaken by the ladies and they finally break the fast after seeing the moon. The fast is unique in itself because nowhere in this whole world does a wife go without food or water just to pray for the long-life and well-being of her husband. The fast begins before sunrise and ends only after offering the prayer and worshipping the moon at night. The fast is broken once the moon is sighted and all the rituals have been performed. Women offer water to the moon and break their fast at night...

Married women start preparing for Karwa Chauth pooja a day in advance. They buy shringar or traditional adornments and other pooja items like karwa, matthi, heena etc. Early in the morning, before sunrise, they prepare food and have it. The morning passes by in other festive activities like applying heena on hands and feet, decorating pooja thali and meeting family and loved ones.

In the evening, women gather at a common pooja place like temple or someone's house who has arranged the puja. An elderly lady or 'pujarin' narrates the Karwa Chauth legend and all ladies listen to the katha. The essentials of this gathering and listening of the Karwa chauth story includes a special mud pot, that is considered a symbol of lord Ganesha, a metal urn filled with water, flowers, idols of Ambika Gaur Mata, Goddess Parvati and some fruits, mathi and food grains. A part of this is offered to the deities and the storyteller.

Vat-Savitri Puja - This festival is generally observed on Vata Poornima, the full moon day of Jyestha in states of Bihar, Uttar Pradesh, Delhi and Orissa. On the auspicious day of Vat Savitri puja, married women pay honor to the Banyan tree and Savitri, the legendary chaste wife who fought with death to recover the life of her husband.

Teej - Teej is another Hindu festival that is celebrated Rajasthan, Uttar Pradesh, Bihar, Orissa and Madhya

MARRIED WOMEN START PREPARING FOR KARWA CHAUTH POOJA A DAY IN ADVANCE. THEY BUY SHRINGAR OR TRADITIONAL ADORNMENTS AND OTHER POOJA ITEMS LIKE KARWA, MATTHI, HEENA ETC



Pradesh is keeping a fast for the entire day. The word for fasting i.e. Upavasa itself means to move near to the Supreme. The festival shows that women religiously participate in the rituals in order to achieve an effective marital life.

Mahashivratri - As the name implies, Mahashivratri is a day to recall the legendary tale of the Shiv lingam and about the legends and beliefs associated with Shivratri. The festival is mainly celebrated by married women as well as unmarried girls looking for a perfect match. Throughout India (major states include Uttar Pradesh, Rajasthan, Bihar, Maharashtra).

Gangaur - The festival of Gangaur of Rajasthan, Gujarat & Bengal held about a fortnight after Holi to honor Goddess Parvati, the consort of Lord Shiva. Girls move towards the temple of Gauri for the ceremonial bath of the deity who is then bedecked with flowers.

Karadaiyan Nombu - Karadaiyan Nombu an extremely important festival of Tamil Nadu, Karnataka, Kerala and Andhra Pradesh for all the married women of Southern region in India. The festival is known for its religious and philosophical connotations. Nombu is to observe certain norms and offer our prayers accordingly.

Varalakshmi Vratham - All the married women perform the pooja of Varalakshmi Vratham and get the blessings of Goddess Lakshmi for a happy and prosperous marriage in the states of Tamil Nadu, Maharashtra and Karnataka.



Yoga for Aging Women



By Dr Sulabha Joshi

With the increased life expectancy today, woman spends one third of her life after menopause. Most of the time till she is over 40, she leads busy life and when she reaches menopausal age, the time when her life should be most enjoyable as the children are grown up and she finds herself with more time to pursue her own interests, menopause can cause disturbance. Numerous symptoms of menopause can prove to be quite debilitating causing problems both at home and at workplace. Symptoms such as anxiety, irritability, depression, mood swings, hot flushes, night sweats, headaches, aches & pains, sleeplessness, bloating, tiredness, weight gain, forgetfulness, lack of concentration, urinary frequency, vaginal dryness and sexual problems can make her life miserable.



These symptoms are the main reason for affecting quality of life in peri and post menopausal women and are the main reason for women taking estrogen as hormone replacement therapy. However when on HRT one needs to be under medical supervision. In a country like India, where health awareness is lacking, women continue to suffer from menopausal problems considering the symptoms to be physiological. This attitude definitely affect their quality of life. They need help. Considering the limitations of HRT, non hormonal drug therapy and non pharmacological measures would best suit our Indian setup.

Today non pharmacological measures recommended for menopausal symptoms are -

Change in life style
Regular physical exercise
Diet
Yoga, therapeutic massage and other stress reducing measures.

Does yoga really help?

The age old science of yoga which had its origin nearly 4000 years ago in India is becoming relevant in this hi-

tech era. The aim of traditional medicine according to Charak, was to maintain the health of a healthy person and to relieve the sufferings of a patient.

'Swathasya Swasthya Rakshanm, Aturasya Wyadhi Parimokshanam'

Yoga is neither merely a mystical phenomenon, nor an exercise in physical acrobatics. Yoga is an original and ancient holistic art of living that includes physical, mental, moral and spiritual sphere. Yoga originated in India more than 4000 years ago. Yoga is not a religion but rather a philosophy of living. Yogic life style is a way of living, which aims to improve the body, mind and day to day life of individuals and is a practical way to evolve mind, body and spirit to achieve balance and harmony.

The word 'YOGA' has been derived from Sanskrit word 'yuj' which means to unite. Yoga unites mind and body: soul and God (atma with paramatma). Patanjali muni, the father of yoga defines yoga as '*yogah schitta writti nirodhah*'.

Apart from its spiritual philosophy, Yoga has been utilized as a therapeutic tool to achieve positive health and control and cure disease. Studies on the effect of yoga on some ailments like asthma, hypertension, diabetes and obesity have been carried out. The exact mechanism as to how yoga helps in various disease states is not known. It has been suggested that there could be neuro hormonal pathways. Since last few years, yoga has spread around the whole world and has been studied so as to help people to cope up with various other health conditions including menopause.

Objection is commonly raised about feasibility of beginning to perform yoga after the age of 40. Yoga does not mean only asana. Actually yoga is a way of life. Asana is one of the eight arms of yogic practices, the other seven being *yam, niyam, pranayam, pratyahar, dharana, dhyan and samadhi*.

Most commonly performed yoga practices are postures (asana), controlled breathing (pranayama), meditation (dhyana). Yam and niyam describe practices to be followed at individual level so as to maintain social health (yam) and self improvement (niyam).

Yam stresses on ahimsa (not to hurt anyone physically, by thoughts or by words), satya (be truthful), astey (not to steal anything), bramhacharya (to control the wishes), aparigraha (avoid collection of worldly unnecessary things).

Niyam stresses on shouchya (purity of mind, body and words used), santosh (satisfaction), tap (ascetic way of living, try hard), swadhyaya (self study) and ishwar pranidhan (to remember and be always grateful to the creator of this world).

Reduction in menopausal stress through integrated approach of yoga therapy is achieved by practice of deep relaxation at somatic level by different postures (asanas), slow controlled breathing to decrease respiratory rate

(pranayam) and technique of calmness for mind such as meditation and chanting of 'Om'.

Asana - Asana is a Sanskrit word used to describe a position of the body. It is defined as steady & comfortable posture. Traditionally, many asanas are practiced in Hatha yoga primarily to achieve, better physical and mental health. There are around 84 asanas, each one has a special name, special form and a distinct way of performing. Asanas have an extra ordinary capacity to overhaul, rejuvenate and bring the entire system into a state of balance. In different studies, the postures chosen are based on effectiveness in relieving menopausal symptoms. The nature of these poses and the associated deeper and slower breathing patterns would physiologically reduce women's oxygen consumption while stabilizing blood pressure & heart rate.

It is important to remember that yogic practices need consistency. It is not a one day job. Even if one is not able to perform the asana perfectly, it doesn't matter. What matters is to perform the asana 'yathashakti nirantaram', that is as much as is possible but with consistency or regularity.

The different asanas which are of particular benefit to the women are Dhanurasana, Bhujangasana, Naukasana, Sarvangasana, Viparita Karani, Shalabhasana and Shashankasana. These asanas should be performed daily. In order to get full benefit of the asana, each asana should be done with full involvement of mind and duration can be increased gradually.

Asana is not an exercise, nor is it a replacement for exercise. Benefits of asana and exercise are complimentary to each other. The difference between asana and exercise is as follows -

S no	Yogasana	Exercise
1	Involvement of body and mind	Only body is involved
2	Slow speed with minimum movements	Speed fast
3	Calori loss is less 3-8 cal/min	Calori loss is more, 3-20 cal/min
4	respiration, heart rate, blood circulation etc are balanced and normal	Increase in heart rate, respiration, blood circulation etc
5	feeling of freshness after yogasana	Exhaustion after exercise is common
6	Appetite remains normal	Appetite is increased
7	Parasympathetic nervous system is involved	Sympathetic nervous system is involved
8	Minimum stress on muscles	More stress on muscles
9	Endocrine system is not affected	Endocrine system is not affected
10	Helpful in physical and mental disorders	Contraindicated during illness
11	No need of any equipment	Equipments may be required
12	Can be performed by any person at any time and at any place	Restrictions under certain situations
13	Possible to maintain regularity	Difficult to maintain regularity

IT IS IMPORTANT TO REMEMBER THAT YOGIC PRACTICES NEED CONSISTENCY. IT IS NOT A ONE DAY JOB

Pranayama is a Sanskrit word meaning "restraint of the prana or breath", which is often translated as breath control. Several researchers have reported that pranayama techniques are beneficial in treating range of stress disorders. Practice of pranayama develops a steady mind, strong will power and sound judgment. Pranayama strengthens the lungs, improves their function and enhances the lung power. It improves the defense mechanism of the body, slows down mental chatter and infuses positive thinking.

Pranayam in simple words is conscious breathing. Deep breathing, and pranayama like alternate nasal breathing (nadishodhan pranayam), bhramari pranayam etc are found to have positive effect on health. It should be learnt under expert's guidance one can begin with 15 minutes of pranayama per day which can be increased gradually.

Meditation is a process whereby consciousness looks in and acts upon itself. The aim of meditation is to help still the mind and to practice some form of contemplation or introspection. Meditation has been found to be associated with increased plasma melatonin level and improve sleep quality, particularly if done in the evening before rest.

Omkaara chanting of 'Om' every day prevents the effect of aging. Modern science has done lot of research on physical changes with aging and research is still continued. Molecular biology is a special branch and it has shown that with aging, the capacity of functioning of DNA is reduced. Research has shown the relation between aging and RNA of the cells. The micro particles in cell are continuously undergoing a movement called Brownian movement. As age advances, this movement is reduced and thus one gets old. Research has shown that with chanting of 'Om', the sound waves create positive effect and prevent the slowing of movement of these micro particles and thus the ill effects of aging. One should sit quietly every day and chant 'om' for at least 10 minutes so as to bring about inner calm.

A unique study was carried out at Janardan Swami Yogabhyasi Mandal, a yoga institute in Nagpur, rendering free services to the public and conducting various activities concerned with yoga, research being one of them. In this study, the effect of yoga on menopausal symptoms was assessed after conducting three months camp for menopausal women where they were called daily for an hour in the morning to perform yoga practices under expert supervision. This study has come out with very promising results, thus proving yoga as one of the best alternative non pharmacological therapy for menopausal symptoms.

Thus our age old therapy, yoga, which is free of cost, without side effects, without any need of monitoring, which can be performed by any person, at any time, at any place and which is highly effective is strongly recommended to all women of menopausal age.

Dr Sulabha Joshi Consultant Gynaecologist, Chapter Secretary, Indian Menopause Society Nagpur

Premature Menopause & its Management



By Dr Duru Shah

Premature menopause is a condition in which a woman stops menstruating completely before the age of 40 years. Sometimes this can occur as early as 30 years leading to various problems related to health and reproduction in the affected women.

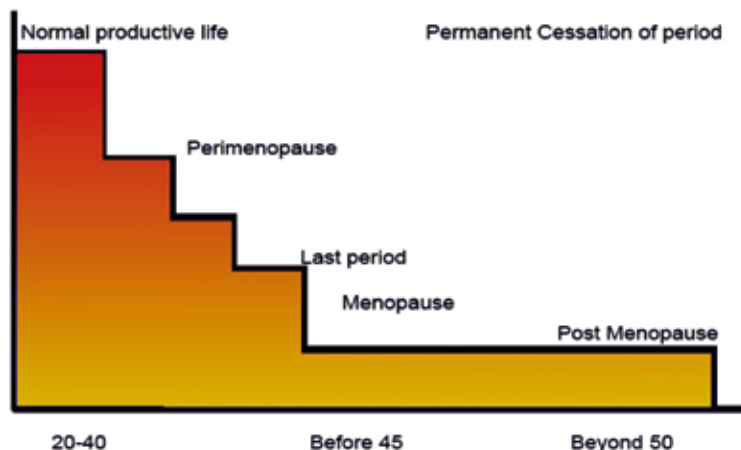
The ovaries have two functions, the first being to produce eggs for fertility and the second, to produce reproductive hormones. The ovaries make three types of steroid hormones: testosterone, estrogen and progesterone. The ovaries are most active during the ages of 20-30 years.

- In many cases the cause remains unknown

Women who attain premature menopause at a relatively young age, face various problems.

- They stop menstruating and ovulating at a young age, hence natural conception is hampered leading to infertility.
- Due to lack of reproductive hormones there are many long term health issues.
- Psychologically a woman gets disturbed because she is no longer menstruating as her contemporaries are, and it makes her feel older. Added to that she has various symptoms related to estrogen deficiency.

Estrogen levels during Menopause



HORMONE REPLACEMENT THERAPY IS ABSOLUTELY NECESSARY IN THESE YOUNG WOMEN, CONTRARY FROM WOMEN WHO HAVE REACHED NATURAL MENOPAUSE IN WHOM IT IS OPTIONAL

Global statistics suggest that approximately 1-4% of women stop ovulating and menstruating before the age of 40 years and those women who reach menopause prior to the age of 40 years are considered to have **premature menopause**.

The causes of premature menopause may vary from person to person, the commonest causes being.

- Ovarian Surgery, anti-cancer drugs or radiation therapy for cancer
- Genetic disorders like turners syndrome, swyers syndrome
- Infections like mumps, tuberculosis etc
- Environmental toxins like tobacco etc
- In 5-30% of cases there may be a family history

Infertility: Due to the absence of good quality eggs, infertility becomes a major consequence of premature menopause. A very small percentage of women may spontaneously become pregnant, but there are no medical investigations to predict which of these women would conceive.

Health related issues: Women with premature menopause are at increased risk of osteoporotic bone fractures, atherosclerotic heart disease, cancer of the colon, Alzheimers and Parkinsons disease. All these conditions are related to a low estrogen state. The risk is similar to that seen after natural menopause.

Symptoms: Due to the hormonal changes following premature menopause, a woman may get hot flushes, have mood swings, get irritable develop insomnia or may also go into severe depression.

Diagnosis

Clinical presentations

- The first symptom is absence of periods.
- Due to her low levels of estrogen, she may have mood changes in form of irritability, emotional lability, depression etc. She may also have hot flashes, decreased sex drive, fatigue, night sweats, vaginal dryness or palpitations. I have seen such women being treated by various specialists such as psychiatrists cardiologists, neurologists etc. when all they need is a little of estrogen therapy.

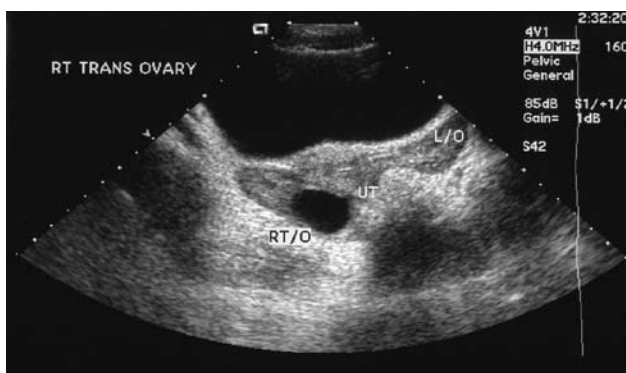
Investigations

- Measurement of hormones is the key to the diagnosis.
- Rise in serum follicle stimulating hormone (FSH) levels. A value >40u/l is suggestive of menopause.
- Low levels of estrogen (<20pg/ml)
- Low Serum Anti-Mullerian Hormone (AMH) levels suggestive of poor ovarian reserve.
- Serum prolactin and thyroid levels need to be done to rule out the common causes of amenorrhoea
- Chromosomal analysis to rule out a genetic disorder.

The hormone profile needs to be repeated on three occasions at least one month apart, because in certain instances the ovaries may return to normal after a phase of low activity.

Ultrasound

On ultrasound, the ovaries are smaller than normal, the ovarian volume being less than 3 ml. Hardly any follicles are seen in the ovaries and the endometrium is thin, less than 5 mm in thickness.



Management

This depends on how the patient presents to her doctor. If she has a problem of infertility, then she is investigated further accordingly and counselled. If she has menopausal symptoms then the symptoms are attended to with the appropriate therapy. And if she has no problems, she is still advised further management in order that she does not have a poor quality of life in her later years due to the aging process starting prematurely.

Management of Symptoms of Menopause and prevention of long term health risks

Women who experience symptoms are managed with

AFTER THE AGE OF 30 YEARS, THERE IS A SLIGHT DECLINE IN NUMBER AND QUALITY OF EGGS. HENCE THE PROBABILITY OF PREGNANCY ALSO DECREASES A LITTLE, BUT DEFINITELY GETS AFFECTED BY THE AGE OF 37YEARS AND OVER

supplements and hormone replacement. A wide range of HRT preparations are available for estrogen replacement including oral, transdermal, subcutaneous and vaginal routes of administration. The choice of estrogen is made on an individual basis. These women will need hormone replacement at least till they reach an age of natural menopause (in order to avoid premature aging).

Hormone replacement therapy is absolutely necessary in these young women, contrary from women who have reached natural menopause in whom it is optional. The benefits and risks of HRT are discussed in another chapter in this same issue. One must remember, that in cases of premature menopause the benefits of hormone therapy definitely out weigh the risks.

Intake of calcium and vitamin D, avoidance of smoking and alcohol abuse also help to prevent osteoporosis. Affected women are counselled to carry out weight bearing exercises and to have a balanced nutrition.

Once a woman is found to be menopausal, whatever maybe the cause or at whatever age,, we advise her to undergo all the necessary investigation done in a postmenopausal women.

After the age of 30 years, there is a slight decline in number and quality of eggs. Hence the probability of pregnancy also decreases a little, but definitely gets affected by the age of 37years and over. By the age of 50yrs, the function of ovaries is affected to such an extent that the woman stops ovulating and menstruating completely and menopause sets in. This is the reason why we recommend women to complete their families before the age of 35yrs. When this process is accelerated by one or more factors (known or unknown), it results in premature menopause.

Conclusion

In the fourth decade, many women are happy when they stop their periods ie. when they reach menopause. Unfortunately there are some women, about 1%, who reach menopause before the age of 40 years. These are the women who suffer from "Premature Menopause" and this condition definitely requires management and should not be considered as a "Good riddance" situation!

Counselling plays a very important role in management of premature menopause. Modification along with lifestyle, regular exercise and dietary changes can go a long way. Equally important is the support of the family to overcome this stressful condition.

Dr Duru Shah Indian representative to International Menopause Society, past president Indian Menopause society



डा० सरोज श्रीवास्तव,
मिनोपॉज विशेषज्ञ

मिनोपॉज— महत्वपूर्ण जानकारी

इस वर्ष अन्तर्राष्ट्रीय मिनोपॉज सोसाइटी (International Menopause Society) ने मिनोपॉज जनित Vasomotor symptoms (VMS) की जानकारी से विश्व की महिलाओं को अवगत कराने का बीड़ा उठाया है। अन्तर्राष्ट्रीय मिनोपॉज सोसाइटी के तत्वाधान में उठाये इस कार्य क्रम की सहयोगी है इण्डियन मिनोपॉज सोसाइटी (I.M.S). प्राप्त जानकारी के आधार पर यह लेख भारतीय महिलाओं के लिए विशेषरूप से तैयार किया गया है।

रजोनिवृत्ति क्या है?

रजोनिवृत्ति या मिनोपॉज कोई बीमारी नहीं है। बल्कि एक स्त्री के जीवन में आने वाली एक प्रकार की पारगमन की अवस्था है, जो कि डिम्ब ग्रन्थियों (Ovarie) से स्रावित होने वाली अन्तः स्रावों जैसे ईस्ट्रोजन, प्रोजेस्टीरोन और टैस्टोस्टीरोन में आने वाली कमी के कारण उत्पन्न होती है। कमी होने के कारण या अनुपात में बदलाव होने के कारण स्त्री के स्वास्थ्य पर विभिन्न प्रकार के प्रभाव पड़ते हैं। मिनोपॉज को कभी-कभी जीवन-परिवर्तन भी कहा जाता है क्योंकि यह अवस्था या घटना उस स्त्री की प्रजननशील-अवस्था के अन्त की शक्ति है अधिकांश महिलाएं स्वभाविक रूप से 45-55 वर्ष की आयु के मध्य रजोनिवृत्ति हो जाती हैं।

रजोनिवृत्ति के लक्षण

रजोनिवृत्ति-प्राप्त स्त्रियों के द्वारा बताए जाने वाले लक्षणों में तमतमाहट (Hot Flash) और (Night sweat) रात्रिस्वेद (VMS) सर्वाधिक पाये जाने वाले लक्षण हैं। अन्य लक्षण हैं-शरीर में ऐंठन एवं दर्द, त्वचा का रुखा होना, योनि का सूखापन, यौनाचार की इच्छा में कमी, बार-बार मूत्र विसर्जन की इच्छा होना तथा सोने में आने वाली कठिनाईयाँ। कुछ स्त्रियों में अनचाहे बालों का आना, सिर की त्वचा का पतला हो जाना, ध्रुविक बालों का कम हो जाना तथा त्वचा में परिवर्तन आदि। मूड (मनो भावों) में परिवर्तन, चिन्ता कृतता, (Anxiety) चिड़चिड़ापन, भूलने की प्रवृत्ति का बढ़ना तथा निर्णय लेने के लिए ध्यान न लगा पाने में आने वाली परेशानियाँ जैसे लक्षण भी दिखायी देते हैं। सीरोटोनिन एक ऐसा रासायन है जिससे मनोभाव, भावनाएं एवं निद्रा प्रभावित होती है। ईस्ट्रोजन की कमी से सिरोटोनिन की मात्रा में कमी आ जाती है।

जरूरी नहीं कि सभी स्त्रियों को अधिक परेशानी हो किन्तु 60 फीसदी स्त्रियों में 5-8 वर्षों तक हल्के लक्षण, 20 फीसदी स्त्रियों में कोई भी लक्षण नहीं जबकि अन्य 20 फीसदी स्त्रियों में गम्भीर रूप से ये लक्षण दिखायी देते हैं जोकि 60 वर्ष की आयु या उससे आगे भी चलते रहते हैं।

ज्यादातर उपचार-विकल्प तमतमाहट और रात्रिस्वेद (VMS) को एक मूल लक्षण मानते हुए अनुकूलित किए गए हैं।

तमतमाहट और रात्रिस्वेद (रात में पसीना आना) क्या है?

यह प्रकोपन से लेकर विघटन (serious) तक का रूप ले सकता है तमतमाहट ऊपमा का एक ऐसा संवेदन है जिससे पूरे शरीर में बिना कारण सुर्खी एवं पसीना आता रहता है इससे इन महिलाओं को काफी असुविधा होती है।

तमतमाहट और रात्रिस्वेद किन कारणों से होते हैं ?

ईस्ट्रोजन वापसी - अर्थात् ईस्ट्रोजन में आयी कमी। ईस्ट्रोजन मात्रा में कमी होने से हार्डोपेथेलेमस में, जो कि शरीर का तापमान निर्धारित करता है, असन्तुलन पैदा हो जाता है।

अन्य परिस्थितियाँ - सभी प्रकार की तमतमाहट (VMS) रजोनिवृत्ति के कारण नहीं होती। अन्य कारण निम्नलिखित हैं थाईरॉयड-ग्रन्थि रोग, धुमेह, (Diabetes) चिन्ताकृतता (Anxiety) एवं भयग्रस्ता (Panic disorders) स्थूलता (Obesity) विशेष भांति के किण्वशील रसौली (दूधमर), दीर्घकालिक संक्रमण (Chronic Infection) आदि शामिल हैं।

औषधिकरण - कुछ दवाइयाँ तमतमाहट उत्पन्न कर देती हैं ये तमतमाहट को और अधिक बदत्तर कर देती हैं। इनमें शामिल हैं: टैमोक्सीफेन, टोरेमैफेन, रैलोगजोफीन, बलोमीफीन, और वे जो कि गोनेडोट्रोफीन - मुक्त करने वाले हार्मोनों के सन्धर्म GNRH औषधिकरण हैं जैसे गोजेरेलिन, ल्यूप्रोरेलिन, नैफैरेलिन।

चिकित्सीय विकल्प - तमतमाहट और रात्रिस्वेद को रजोनिवृत्त्योत्तर-लक्षणों के रूप में व्यक्त करने वाली स्त्रियों की संख्या में अत्यधिक असंगति है।

संयोगिक नियंत्रित-परिक्षणों के रूपांतरित-विश्लेषणों से पता चलता है कि ईस्ट्रोजन हार्मोन, तमतमाहट की आवृत्ति को लगभग 80 फीसदी घटा देता है इस तरह यह सर्वाधिक प्रभावशाली उपचार है।

हार्मोन पुनर्रस्थान चिकित्सा (HRT)

HRT चार प्रकार की होती है:

1. जिन स्त्रियों ने गर्भाण्डच्छेदन (हिस्टैरेक्टॉमी) नहीं करवाई है उन्हें ऐसी HRT की सलाह दी जाती है जिसमें ईस्ट्रोजन और प्रोजेस्टोरोन दोनों ही शामिल हों। ऐसा इसलिए क्योंकि प्रोजेस्टोरोन गर्भाण्ड की अन्दरूनी झिल्ली (एण्डोमेट्रियॉसिस) के कैंसर के जन्म की संभावनाओं से बचाता है।
2. उन स्त्रियों को जिन्होंने हिस्टैरेक्टॉमी करवाया है उन्हें केवल ईस्ट्रोजन वाली HRT ही निर्दिष्ट/की जानी चाहिए।
3. युवा स्त्रियों, जिन्होंने अपनी दोनों डिम्बग्रन्थियों (Ovarie) और गर्भाण्ड को निकलवा दिया है, उन्हें केवल (ईस्ट्रोजन) चिकित्सा या फिर अतिरिक्त टैस्टोस्टीरोन चिकित्सा के लिए चुना जाना चाहिए। यदि ओवरीज और गर्भाण्ड को अर्न्तगर्भाण्ड-अस्थानता (एण्डोमेट्रियॉसिस) के कारण निकलवाया गया था तो कभी कभी ईस्ट्रोजन एवं प्रोजेस्टोरोन दोनों को निर्दिष्ट किया जाना चाहिए जिससे अर्न्तगर्भाण्ड-अस्थानता को फिर से सक्रिय हो जाने से रोका जा सके।
4. उन स्त्रियों को जो जो योनि के सूखेपन, खुजली एवं कष्टकारक-संभोग का अनुभव करती हैं। ये स्त्रियाँ योनिक ईस्ट्रोजन-उपचार (Local estrogen cream) से लाभान्वित हो सकती हैं।

HRT से होने वाले लाभ

- रजोनिवृत्त्योत्तर लक्षणों को घटाकर, ईस्ट्रोजन हार्मोन तथा HRT जीवन की गुणवत्ता एवं एकाग्रचित्तता में सुधार लाता है।
- ईस्ट्रोजन और संयुक्त HRT रजोनिवृत्त्योत्तर अस्थिभंग, (Osteoporosis), जिसमें नितम्बस्थि अस्थिभंग (हिप फ्रैक्चर) भी शामिल है, के खतरे को कम करता है। ईस्ट्रोजन अस्थि-घनत्व (बोन-डैन्सिटी) को बढ़ाता है।
- ईस्ट्रोजन एवं संयुक्त HRT से हलके अवसाद रोग लक्षणों में भी लाभ मिलता है। तथापि, मंद अवसाद से लेकर गम्भीर अवसाद रोगों के लिए हार्मोनों के अतिरिक्त अन्य पद्धतियों की भी आवश्यकता पड़ेगी।
- HRT से आंत के कैंसर होने से भी बचाव होता है।

HRT के (साईड इफैक्ट्स)

ईस्ट्रोजन अवयव के कारण होने वाले सामान्य साइड इफैक्ट्स, जोकि अक्सर अस्थायी होते हैं में वक्ष-परिबन्धन (ब्रेस्ट इनलार्जमेंट), वक्षों में असामान्य पीड़ा एवं मतली शामिल हैं। उन साइड इफैक्ट्स में जोकि साधारणतया प्रोजेस्टिन अवयव से जुड़े हैं, उनमें पतुइड रिटैन्शन और सिर दर्द शामिल हैं।

- अनियमित रक्तस्राव अथवा उग्र परावर्तित रक्तस्राव, ईस्ट्रोजन और प्रोजेस्टोरोन की खुराकों में असंतुलन के कारण हो सकता है। इस अवस्था में चिकित्सक के द्वारा परीक्षण की आवश्यकता होती है।
- कुछ स्त्रियाँ ईस्ट्रोजन और HRT को वजन बढ़ने से जोड़ती हैं। अवयवों से पता चला है कि ईस्ट्रोजन और HRT वजन नहीं बढ़ाते हैं। रजोनिवृत्ति से गुजर रही स्त्रियों में, उपापचय-सम्बन्धी बदलावों (Metabolic Changes) और परिवर्धित रूप से सुस्त व निश्क्रीय जीवन शैली के कारण वजन बढ़ने की प्रवृत्ति होती है।
- खुराकों के पार्श्वीय प्रभाव कम करने के लिए मात्रा को धीरे धीरे घटाना चाहिए।

HRT से होने वाले जोखिम

- सभी औषधीय चिकित्साओं में प्रबल पार्श्वीय प्रभाव होते हैं। किन्तु प्रत्येक औषधी को किसी एक स्वास्थ्य लाभ के लिए प्रयोग में लाये जाने के लिए चुना जाता है।
- इस बात की संस्तुति की जाती है कि लक्षणों से छुटकारा पाने के लिए ली जा रही HRT को अल्पकालिक होना चाहिए और यह कि HRT का दीर्घकालिक निरोधक चिकित्सा (preventive measures) के रूप में इस्तेमाल नहीं किया जाना चाहिए।
- संयुक्त राज्य अमेरिका में किए गए 'वोमैन्स हेल्थ इनीशियेटिव' (WHI) अध्ययन में पाया गया कि जहाँ रजोनिवृत्ति की सामान्य औसत आयु 50 वर्ष थी, वहाँ संयुक्त HRT करा रही स्त्रियों में प्रयोग के 5 वर्षों के बाद वक्ष-कैंसर का जोखिम (रिस्क) बढ़ गया था। यह आवश्यक नहीं है कि इस बढ़े हुए जोखिम की सम्भावना अनिवार्य रूप से अन्य संयुक्त उपचारों पर, अथवा कम-उम्र स्त्रियों पर अथवा उन स्त्रियों पर लागू हो जिनकी रजोनिवृत्ति अपेक्षाकृत शीघ्र हो गई हो।
- वर्तमान में ऐसा कोई प्रकाशित अध्ययन नहीं हुआ है जो कि सात वर्षों के समय के भीत जाने के बाद, मात्र ईस्ट्रोजन के प्रभाव स्वरूप, वक्ष कैंसर हो जाने की सम्भावना पर आधारित हो। (WHI) अध्ययन से पता चलता है कि ऐसी स्त्रियों में जिन्होंने साढ़े 6 वर्षों तक मात्र ईस्ट्रोजन लिया हो उन्हें वक्ष-कैंसर होना के जोखिम में कोई बढ़ोत्तरी नहीं होती। अन्य अध्ययनों (सामुदायिक अध्ययनों) से पता चला है कि 15 वर्षों तक प्रयोग के बाद वक्ष कैंसर जोखिम में बढ़ोत्तरी हो सकती है।
- (WHI) परीक्षणों में यह भी पाया गया है कि मस्तिष्क अघात (Stroke) में भी थोड़ी बढ़ोत्तरी होती है।
- जिन स्त्रियों में रजोनिवृत्ति अपेक्षाकृत कम आयु में (40 वर्ष से पूर्व) हो जाती है उन में अन्य आयु में धमनी-हृदय-रोग (कोरोनरी हार्ट-डिजीज) और औसतियोपोरोटिक फ्रैक्चर्स का जोखिम अधिक होता है। उनमें वक्ष कैंसर का जोखिम अपेक्षाकृत कम होता है और वर्तमान में सिफारिश यह है कि HRT का प्रयोग कम-से कम उम्र आयु तक तो अवश्य किया जाए जिस आयु पर (51 वर्ष), कोई स्त्री सामान्यतः रजोनिवृत्ति अनुभव करती है।
- कुछ स्त्रियों को इस बात की आवश्यकता हो सकती है कि वो HRT का प्रयोग लम्बी अवधि तक करें तब यदि लक्षण बने रहते हों तब उन्हें जोखिम और फायदे आकलन के लिए अपनी चिकित्सक की सलाह लेनी चाहिए।
- चिकित्सा क्षेत्र में गर्म-चौध या तनतमाहट के उपचार हेतु अनुमोदित गैर-हार्मोनल-औषधीकरण जैसे क्लोनीडीन आदि भी उपलब्ध हैं। अन्य औषधीकरण जिन्होंने कुछ लाभकारी प्रभाव दिखाये हैं उदाहरण-प्रतिअवसादक (एण्टीडिप्रेसैण्ट्स एण्टीडिस्टामाइन सैट्राजिन (ज़िरटेक), और कुछ प्रति आक्षेपक एण्टीकॉनवल्सैण्ट्स जैसे गैबैपैन्टीन, और प्रीगैबैलीन, हालांकि इनकी क्षमता की पुष्टि हेतु अतिरिक्त अध्ययन प्रतीक्षित हैं।

स्वयं की मदद हेतु, स्त्री को क्या करना चाहिए?

जानकारी रखें, अपने स्वास्थ्य के प्रति सचेत रहें, धूम्रपान त्याग करें, अच्छा पौष्टिक भोजन लें, नियमित व्यायाम तथा कुछ आरामदायक तकनीकों का प्रयोग करें। स्व-संचालित युक्ति योजनाएं जैसे पंखा लेकर चलना, परतों वाली पोशाक पहनना, सादा ठण्डे पेय पीना और चेहरे पर पानी के छीटे मारना बहुत ही लाभप्रद हैं। मसालेदार खाद्य पदार्थ, कैफीन और मदिरा का सेवन यथासम्भव नहीं करना चाहिए।

जीवन शैली में बदलाव-

पौष्टिक आहार और जीवन शैली तथा जिसमें व्यायाम भी शामिल हों, उम्र बढ़ने से जुड़ी अनेक स्वास्थ्य समस्याओं के जोखिमों को कम कर देती हैं। इससे आपको अधिक ऊर्जा भी मिलती है और जीवन की गुणवत्ता भी बढ़ती है। स्वास्थ्य पूर्ण जीवन शैली से रजोनिवृत्तों पर लक्षणों, जिनमें तनतमाहट और अनिद्रा एवं निद्रा सम्बन्धी विज्ञ शामिल हैं, में कमी आती है।

अन्य वैकल्पिक उपचारण-

हार्मोन प्रतिस्थापन चिकित्सा के बाद भी जिन स्त्रियों को राहत नहीं मिल पाती है वे कभी-कभी अन्य वैकल्पिक उपचारणों का सहारा लेती हैं। उनमें से कुछ को किसी विशेष चिकित्सीय अवस्था के कारण हार्मोन न लेने की सलाह दी जाती है और कुछ को हार्मोन लेने में स्वास्थ्य से जुड़े जोखिमों के विषय में बताया जाता है। हालांकि अन्य वैकल्पिक उपचारणों के विषय में उच्चकोटि के वैज्ञानिक प्रमाण बहुत ही कम हैं किन्तु अनेक स्त्रियों ने निम्नलिखित पदार्थों का प्रयोग किया है और कुछ स्त्रियों के लिए यह प्रभावशाली भी हो सकता है। ये

प्रतिक्रियाएं अत्यन्त वैयक्तिक हैं।

इनमें जड़ी बुटी अथवा पौधों से सम्बन्धित अनुपूरक पदार्थ (सप्लीमेंट्स) शामिल हो सकते हैं इनका वचीय लेपो और खाद्य पदार्थों के रूप से इस्तेमाल किये विकल्प किया जाता रहा है और जिनका मूल अवयव होता है- फार्वेटो - इस्ट्रोजेन।

अन्य वैकल्पिक उपचारण जिनसे रजोनिवृत्तियों पर स्वास्थ्य में लाभ पहुंचाता हो, इनके विषय में अत्यल्प टोस वैज्ञानिक प्रमाण उपलब्ध हैं अतएव उनका प्रयोग किसी भी ऐसी स्त्री को, जिसको कभी भी वक्ष कैंसर रहा हो, नहीं करना चाहिए।

कुछ प्ररीक्षणों में पाया गया है कि पैरीमिनोपॉजल स्त्रियों में (अर्थात् रजोनिवृत्ति के 3-5 वर्ष पूर्व) ब्लैक कोहोश से तनतमाहट में कमी आती है हालांकि इसके प्रयोग से यकृत (लीवर) में क्षति की शिकायतें भी पायी गई हैं।

विटामिन डू - एक गैर नुस्खी वसा-घुलनशील विटामिन है और एक लघु अध्ययन (120 व्यक्ति) में पाया गया है कि वक्ष कैंसर के उपरांत तनतमाहट के उपचार में विटामिन डू नाममात्र को ही प्रभावी है और यह तथ्य भी सामने आया है कि इसके उपयोग से औसतन केवल एक तनतमाहट (HF) प्रतिदिन की ही कमी आती है।

वर्तमान में चल रही चिकित्सा और अनुसरण (फालो-अप) किसी भी उपचारण का समय-समय पर आकलन किया जाना चाहिए एक कारण तो यह है कि ये पता लगा लिया जाना चाहिए कि चालू उपचारण की आवश्यकता अभी शेष है अथवा नहीं। अपना उपचारण सम्बन्धी आहार-विधान परिवर्तित करने के पूर्व अपने चिकित्सक से परामर्श अवश्य लें।

साक्ष्यों और प्रमाणों के पुनर्विचार के बाद निश्कर्ष के रूप में (IMS) इस अन्तिम निर्णय पर पहुंची है कि तनतमाहट और रात्रिस्वेद को हार्मोन पुनर्स्थापना चिकित्सा (HRT) से सर्वाधिक अच्छे नतीजे प्राप्त होते हैं जिसमें कि उपचारण प्रारम्भ करने के 3 माह के भीतर 90 प्रतिशत लक्षण समाप्त हो जाते हैं, तनतमाहट की गम्भीरता और आवृत्ति को घटाने के लिए विकल्प स्वरूप प्रतिअवसादक औषधियां (एण्टीडिप्रेसैण्ट्स) (SSRI) और (SNRI) भी कारगर होती हैं, जिनकी सफलता दर 80 प्रतिशत पायी गयी है।

तथ्य एवं आंकड़े

हार्मोन उपचारण, सामान्य से लेकर गम्भीर रजोनिवृत्तियों पर लक्षणों जैसे तनतमाहट रात्रिस्वेद, नाईटस्वेद, योनिपुरुकता में राहत के लिए, रजोनिवृत्तियों पर, (आस्टियोपोरोटिक फ्रैक्चर्स) से बचाव के लिए अनुमोदित (एपूव्ड) है। इस बात की संस्तुति दी जाती है कि हार्मोन चिकित्सा का उपचारण किन उद्देश्यों एवं व्यक्ति विशेष से सम्बन्धित जोखिमों का ध्यान रखते हुए न्यूनतम प्रभावी खुराक और अल्पतम अवधि के लिए लिया जाना चाहिए (Smallest effective dose for shortest possible time)

प्रमुख लाभप्रद संकेत (टिप्स)

- नियमित व्यायाम नित्यचर्चा बनाए रखें।
- कैफीन, चीनी, नानक और मदिरा से बचें।
- धूम्रपान न करें।
- कैल्शियम युक्त विटामिन की पर्याप्त मात्रा युक्त भोजन लें।
- नियमित और पर्याप्त निद्रा की व्यवस्था बनाए रखें।
- कम वसा (लो फेट) वाली संतुलित खुराक का कम बनाए रखें।
- यदि आवश्यक हो तो हार्मोन उपचारण (थैरापी) लें।
- रजोनिवृत्ति को सुसंचालित करें और इसका प्रयोग विकारों से बचने, दीर्घकालिक स्वास्थ्य और जीवन की गुणवत्ता में सुधार लाने के एक सुअवसर के रूप में करें। (Window of opportunity)

आहार-इन जानकारियों को उपलब्ध कराने के लिए इण्डियन मीनोपॉज सोसइटी इण्टरनेशनल मीनोपॉज सोसइटी की आभारी है।

प्रत्याख्यान (डिसक्लेमर)

इस पुस्तिका में दी गई सूचनाएं हो सकती हैं कि किसी व्यक्ति विशेष की परिस्थितियों के लिए उपयुक्त नहीं भी हो सकती हैं। जटिलता चाहे किसी वजह से हुई हो, उसके लिए इण्टरनेशनल मीनोपॉज सोसइटी तथा सम्बन्धित इण्डियन मीनोपॉज सोसइटी कोई जिम्मेदारी नहीं स्वीकार कर सकती है।

डॉ. सरोज श्रीवास्तव
(आई.एम.एस राष्ट्रीय अध्यक्ष) 2011-2012

विश्व मेनोपॉज दिवस पर विशेष

मेनोपॉज विषयक पर – चालीस पार महिला स्वास्थ्य संभाल पर बनी फिल्म 'सुमंगला' – एक अनूठा प्रयास



डॉ. सुनिता खण्डेलवाल

विश्वमेनोपॉज दिवस उन सभी चालीस पार की करोड़ों महिलाओं को समर्पित है जो रजोनिवृत्ति के पश्चात, उम्र के अपने लगभग एक-तिहाई जीवन की गुणवत्ता बढ़ाने के उपायों के बारे में अनभिज्ञ है। आईये जीवन के इस सुनहरे पड़ाव पर मेनोपॉज के दौरान एवं बाद के समस्याओं को समझें और उचित समय पर स्वास्थ्य संभाल के लिए आवश्यक कदम उठाये।

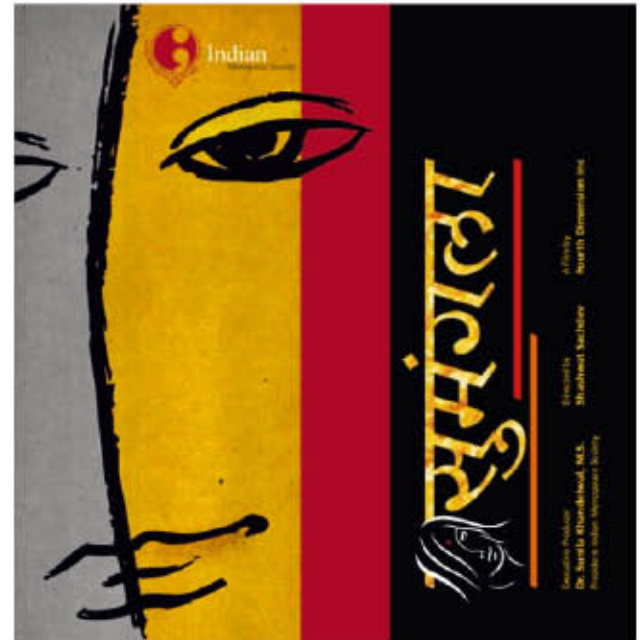
एक नई शुरुआत करें क्योंकि मेनोपॉज एक अभिशाप नहीं वरदान है।

आधुनिक युग में बदलते सामाजिक परिवेश में महिलाओं की सक्रिय भूमिका को ध्यान में रखते हुए, बढ़ती आयु दर के साथ भविष्य में अपंगता व अन्य बीमारियों से बचने के साथ उनकी जीवन गुणवत्ता के प्रति समाज का उदासीन दृष्टिकोण बदलने की आवश्यकता है। यहीं उद्देश्य से इण्डियन मेनोपॉज सोसायटी की पूर्व अध्यक्ष डॉ. सुनिता खण्डेलवाल द्वारा निर्देशित इस डाक्यूमेन्ट्री फिल्म पर एक आलेख प्रस्तुत है –

नारी! मानो आनी पहली ही सुख निद्रा के समय ब्रह्मा का धीरे से छोड़ा हुआ निःश्वास हो। उस निःश्वास में समूची सृष्टी को शीतल करने की अद्भूत शक्ति होती है। नारी के साहचर्य से मनुष्य पराक्रम के नये पर्वत खड़े कर सकता है। नारी परिवार की देवता, मंत्री, मित्र और सब कुछ होती है।।

जीवन के हर पड़ाव पर नारी की भूमिका परिवार और समाज दोनों ही के लिए महत्वपूर्ण होती है। पुत्री के रूप में वो मासूमियत और भोलेपन, बहन के रूप में स्नेह, पत्नि के रूप में प्रेम और माँ के रूप में वो ममता की प्रतीक होती है। नारी में जन्मदायिनी शक्ति होती है। इसलिए धन के रूप में लक्ष्मी, ज्ञान के रूप में सरस्वती और शक्ति के रूप में दुर्गा की स्तुति की जाती है। वह मनुष्य को सिर्फ जन्म ही नहीं देती बल्कि उसका पालनपोषण भी करती है और उसे संस्कार भी देती है।

यूँ तो स्त्री के जीवन का हर पड़ाव महत्वपूर्ण होता है



परन्तु उम्र के लगभग चालीसवें वर्ष के आसपास उसे एक महत्वपूर्ण शारीरिक बदलाव से गुजरना होता है। ये बदलाव है रजोनिवृत्ति। हालाँकि इस बदलाव के प्रभाव अस्थायी होते हैं परन्तु फिर भी इस दौरान उसे शारीरिक और मानसिक कष्ट से गुजरना पड़ता है।

चिकित्सक की सलाह, व्यक्तिगत देखरेख और परिवार के सहयोग से रजोनिवृत्ति की इस समस्या से बड़ी आसानी से निपटा जा सकता है।

रजोनिवृत्ति के संदर्भ में सबसे पहले इस भाँति को दूर करना आवश्यक है कि यह कोई रोग नहीं है बल्कि एक सामान्य शारीरिक प्रक्रिया है जिससे हर स्त्री को गुजरना होता है। समय और विचारों के बदलाव के साथ अस इसे स्वतंत्रतापूर्वक पुनर्गोपनीकरण कहा जाने लगा है अर्थात् स्वतंत्रता से पुनः व्यस्क होना।

रजोनिवृत्ति स्त्री के जीवन के नये अध्याय की शुरुआत है जिसे सकारात्मक दृष्टि से देखा जाना चाहिए।

किसी भी स्त्री में रजोनिवृत्ति का संकेत तब मिलता है जब

उसकी आयु 40 वर्ष से अधिक हो और लगभग एक से भी अधिक वर्ष तक उसका मासिक ना आये। यह वो समय है जब मासिक धर्म धीरे-धीरे कम होता हुआ एक दो साल के अन्दर बिल्कुल बन्द हो जाता है। नवीन अनुसंधानों और चिकित्सकीय आंकड़ों के अनुसार, भारतीय महिलाएँ आमतौर पर 44 से 47 वर्ष की आयु के बीच मासिक चक्र से मुक्त हो जाती है।

रजोनिवृत्ति का कारण 'एस्ट्रोजन' नामक हार्मोन की मात्रा का शरीर में घट जाना है। एस्ट्रोजन स्तर में आने वाली गिरावट ही परेशानी का मुख्य कारण है।

हर स्त्री में ये परेशानियाँ कम ज्यादा हो सकती है। कुछ परेशानियाँ थोड़े समय के लिए हो सकती है और कुछ ज्यादा समय के लिए। थोड़े समय के लिए होने वाली परेशानियों के लक्षण मामूली है।

मानसिक परेशानी – जैसे डिप्रेशन, उदासी, उच्च 'जना, बैचेनी, चिड़चिड़ापन, मानसिक दुविधा और नींद में विकार।

शरीर के अन्दर गर्मी या आग सा लगना, योनि मार्ग में इन्फेक्शन और पेशाब संबंधी गड़बड़ी। कुछ लक्षण लम्बे समय तक चलते हैं जो रजोनिवृत्ति के कुछ वर्ष बाद तक दिखाई देते हैं, जैसे –

1. ऑस्टियोपोरोसिस, जिसमें हड्डियाँ कमजोर हो जाती हैं तथा हल्के से धक्के या झटके से भी टूट सकती है। रजोनिवृत्ति के बाद 30 से 40 प्रतिशत स्त्रियों को ऑस्टियोपोरोसिस हो जाता है।
2. हृदय संबंधी बीमारी।
3. ऑस्टियो आर्थराइटिस, जिसके कारण जोड़ों में दर्द होने लगता है।
4. बढ़ती उम्र के साथ – साथ मस्तिष्क की क्रियाशिलता धीरे-धीरे कम होने लगती है। जिससे स्मरण शक्ति भी कम होने लगती है।

कुछ सावधानियाँ अपनाकर इन लक्षणों की रोकथाम की जा सकती है, जैसे –

1. चुस्ती एवं स्फूर्ति बनाये रखें।
2. तनाव से दूर रहें।
3. नियमित व्यायाम करें।
4. अपने शौक के काम करके अपने आपको व्यस्त रखें।
5. ध्यान और प्राणायाम करें।
6. उबला भोजन, कच्ची सब्जी, सलाद खाये।
7. तीन समय का आवश्यक भोजन, नियमित रूप से लें।

8. अपने डॉक्टर की सलाह लें।

शरीर गरम होने या हॉट फ्लशज की समस्या के समाधान के लिए –

1. मसालेदार भोजन, सिगरेट, अल्कोहॉल, कॉफी, चाय आदि न पियें।
2. ढीले-ढाले सूती कपड़े पहने।
3. सोने से पहले गर्म पानी से स्नान न करें।
4. सोया युक्त खाद्य पदार्थ लें।
5. अपने डॉक्टर की सलाह लेकर एस्ट्रोजन रिप्लेसमेंट थेरेपी अपनायें।
6. विटामिन-ई युक्त भोजन करें।

योनिमार्ग में इन्फेक्शन होने पर अपने डॉक्टर से सलाह लें, इसमें लापरवाही घातक हो सकती है, डॉक्टर इसका उपचार करने के लिए एस्ट्रोजन रिप्लेसमेंट थेरेपी, योनिमार्ग के लिए क्रीम, फफूंदीरोधक या एंटीबायोटिक्स दे सकता है।

मूत्र संबंधी विकार के लिए ज्यादा से ज्यादा पानी पिएं, नियमित व्यायाम करें और डॉक्टर की सलाह लें।

ऑस्टोपोरोसिस का सर्वोत्तम उपचार है इसकी रोकथाम, इसकी रोकथाम के लिए –

1. कैल्शियम, विटामिन डी, ऑक्सीकरण रोधक तत्वों से युक्त भोजन करें।
2. पैदल चलने, स्विमिंग आदि जैसे व्यायाम नियमित करें।
3. ऐसे व्यायाम न करें जिनसे हड्डियों पर दबाव पड़े।
4. धूमपान न करें।
5. शराब न पियें।
6. एलेन्ड्रोनेट व एस्ट्रोजन रिप्लेसमेंट थेरेपी के संबंध में अपने डॉक्टर की सलाह लें।

क्या करें?

व्यायाम – शारीरिक व्यायाम युवावस्था में कमनीयता बनाए रखने के लिए जरूरी होते हैं, उसी तरह चालीस वर्ष की उम्र के पश्चात् शरीर को चुस्त एवं फुर्तीला बनाए रखने के लिए व्यायाम जरूरी है। हड्डियों को मजबूत बनाने एवं मोटापे से बचने के लिए व्यायाम आवश्यक है। नियमित तेज गति से भ्रमण, हल्की एरोबिक, योगासन, शरीर को ही नहीं दिमाग को भी शांत और तरताजा रखते है। व्यायाम एवं योगासन तनाव मुक्तजीवन जीने एवं शरीर की प्रत्येक कोशिका को जीवंत रखते हैं। बढ़ती उम्र के साथ उभरती

विभिन्न व्याधियों से भी कुछ हद तक बचाव हो जाता है। गहरी, धीमी, लयबद्ध सांस लेकर हल्का व्यायाम करें। कमर से जोड़ों का सही उपयोग करें। उठने-बैठने का सही तरीका अपनाकर निश्चय ही आप बढ़ती उम्र के साथ जोड़ों एवं मांसपेशियों की परेशानियों से बच सकती है।

आहार में परिवर्तन – डायटिंग का मतलब कम खाना नहीं है, अपितु सही मात्रा में संतुलित पौष्टिक आहार का सेवन करना है। बढ़ती उम्र के साथ कुछ पोषक तत्वों का अत्यधिक सेवन एवं अनावश्यक हानिकारक चीजों का निषेध करें। आहार में कैल्शियम, विटामिन ए, सी, डी, ई युक्त खाद्य पदार्थ जैसे डेयरी उत्पाद, हरी सब्जियाँ – गाजर, पालक, टमाटर, आंवला, पपीता, अखरोट इत्यादि प्रचुर मात्रा में लें। आहार में सोयाबीन का उपयोग, कोशिकाओं को असमय मरने से बचाता है और रक्त में कोलेस्ट्रॉल का सही अनुपात बनाए रखता है। मोटापे से बचे। वसायुक्त भोजन कम करें। पूरी शारीरिक ऊर्जा के 30 प्रतिशत से कम विविधता युक्त संतुलित एवं सामान्य खाना सबसे उपयुक्त है। रेफेदार भोजन, अंकुरित अनाज, फल एवं हरी सब्जियाँ खूब खाएं। दूध नियमित पीएं (बिना मलाई का), धूमपान एवं मद्यपान न करें।

नियमित स्वास्थ्य जाँच – बढ़ती उम्र के साथ महिलाओं को नियमित मेडिकल चेकअप, स्वास्थ्य जाँच एवं परामर्श लेने रहना चाहिये। उच्च रक्तचाप, थायरॉइड, मधुमेह इत्यादि की नियमित अंतराल पर जाँच एवं डॉक्टर की सलाहनुसार नियंत्रित रखना अति आवश्यक है। ऐसा नहीं समझना चाहिये कि पिछली बार डॉक्टर ने सही बताया था, तो दवाईयाँ बन्द कर दें। वरन् डॉक्टर सलाहनुसार निश्चित/निर्धारित मात्रा में नियमित दवाएँ लेती रहें अन्यथा कई ऐसी बीमारियाँ अनियंत्रित होने के कारण आपातकालीन सेवाएँ लेनी पड़ सकती है। नियमित जाँच द्वारा कई ऐसी बीमारियों का निदान भी हो जाता है, जो आमतौर पर छुपी रहती हैं, जैसे उच्च रक्तचाप, मधुमेह, एनीमिया। स्तन एवं जननांगों का कैंसर तथा ओस्टियोपोरोसिस इत्यादि का समय पर निदान और उपचार होने पर भविष्य के खतरों से बचा जा सकता है।

बचाव के लिए स्वस्थ महिलाओं को भी स्त्री रोग विशेषज्ञ से वर्ष में एक बार वजन, उच्च रक्तचाप, स्तन जाँच, जननांगों की जाँच (पेपस्मीयर टेस्ट) व नेत्र रोग विशेषज्ञ द्वारा आंखों का परीक्षण करवाना चाहिए। डॉक्टर की सलाहनुसार रक्त में कोलेस्ट्रॉल (लिपिड प्रोफाइल), हार्मोन जाँच (थायरॉइड इत्यादि) की द्विवार्षिक जाँच करवाते रहना चाहिए।

एस्ट्रोजन प्रतिस्थापन चिकित्सा – उम्र बढ़ने के साथ-साथ प्राकृतिक रूप से रजोनिवृत्ति हो जाने पर या फिर सर्जिकल

(डिस्ट्रेबटमी ऑपरेशन) मेनोपॉज के पश्चात् इस्ट्रोजन के अभाव को पूरा करने के लिए हार्मोन प्रतिस्थापन चिकित्सा पद्धति विशेषज्ञों की राय में सफलतम कारगर उपाय है। एच.आर.टी. देने से पूर्व महिला की पारिवारिक पूछताछ कर पूर्ण जाँच की जाती है और निश्चित मात्रा में प्राकृतिक रूप से कड़ी देख-रेख में ही दी जाती है। पेपस्मीयर टेस्ट, मेमोग्राफी कर के ही निश्चित किया जाता है कि उसे कौनसी मात्रा में और किस रूप में एच.आर.टी. दी जाये।

मेनोपॉज विशेषज्ञों की सलाहनुसार अपने जीवन शैली में साधारण बदलाव, खानपान में पोषक तत्वों का समावेश उत्तेजक पदार्थों का निषेध कर, नियमित व्यायाम व सूक्ष्म एच.आर.टी. फाइटोएस्ट्रोजन – आइसोफलेवोनॉस, कैल्शियम आदि का उपयोग कर भारतीय महिलाएँ अपने जीवन में आये इस परिवर्तन को सहज रूप से लेते हुए अमीरकन व यूरोपियन देशों की भांति उच्च स्वास्थ्य स्तर बनाये रख सकती है। बस जरूरत है, जागरूकता, सही सोच व डॉक्टर की सलाहनुसार सही समय पर उचित बचाव व संभाल के लिए उठाये गये कदमों की।

विश्व मेनोपॉज दिवस पर उन सभी महिलाओं का स्वागत है जो अपनी उम्र के 40 वर्ष पूरे करने वाली है और जल्दी ही रजोनिवृत्ति के संधिकाल में प्रवेश करने वाली है।

सम्भव है कि रजोनिवृत्ति का यह संधिकाल सबके लिए आसान न हो। रजोनिवृत्ति का अनुभव प्रत्येक महिला के साथ अलग होता है। यकीन मानें यह फिल्म आपके लिए जीवन के सभी पक्षों की बदलती परिस्थितियों के साथ तालमेल बैठाते हुए जीवन शैली में क्या परिवर्तन किये जा सकते हैं। उम्रदराज महिलाओं के लिए रजोनिवृत्ति लज्जाजनक नहीं है। वस्तुतः रजोनिवृत्त कुछ महिलआएँ तो यहां तक कहती हैं कि इससे उनका आत्मिक विकास हुआ है और उनकी यौन क्षमता में वृद्धि हुई है।

कोई भी निर्णय स्वयं लेने से पहले आपको अपने प्राथमिक स्वास्थ्य परामर्शदाता से रजोनिवृत्ति के सभी संभव निदानों पर चर्चा कर लेनी चाहिये। फोर्थ डाइमेंशन टीम के सहयोग से बना यह वृत्तचित्र आपको आने इस लक्ष्य के सर्वाधिक समीप ले जायेगा।

उपरोक्त फिल्म के जनोपयोग के लिए (मेडिकल एवं सामाजिक संस्थाएं) विस्तृत जानकारी हेतु लॉग ऑन करें

Website: www.indianmenopausesociety.org

डॉ. सुनिता खण्डेलवाल
पूर्व अध्यक्ष, इंडियन मेनोपॉज सोसायटी
मिडलाइफ वूमन हेल्थ केयर एण्ड मेनोपॉज सेन्टर
मालवीय नगर, जयपुर।

FACT SHEET

Menopause – Oestrogen only Therapy

Women generally experience menopause between the ages of 45 and 55 years. Around the time of menopause some women may experience symptoms such as hot flushes, sweats, anxiety, dry vagina, loss of libido, irritability, headaches, poor memory, poor concentration, dizzy spells, and muscle/joint pains. Whilst education and lifestyle changes are important treatment approaches, many of these symptoms may respond to oestrogen therapy.

The following advice does not apply to 'bio-identical' lozenge or compounded hormone products which remain unregulated and inadequately researched.

Types of hormone (replacement) therapy (HRT)

- Women who have not had a hysterectomy are advised to take combined hormone (replacement) therapy (HRT) which contains oestrogen plus progestogen. This is because progestogen protects against the development of cancer of the endometrium (lining of the uterus).
- Women who do not have a uterus because they have had a hysterectomy should be prescribed HRT which contains oestrogen only.
- Young women who have had both of their ovaries and uterus removed may have oestrogen alone or may consider additional testosterone therapy. If the ovaries and uterus were removed because of endometriosis, both oestrogen and progestogen may sometimes be prescribed to avoid reactivating the endometriosis.
- Women who experience vaginal dryness, itchiness or painful intercourse may benefit from vaginal oestrogen treatment.

How the oestrogen-only hormones are taken

- Oestrogen is available as tablets, patches, gels or as an implant under the skin.
- Tablets are often used and are acceptable to most women.
- Women who have problems with absorption of tablets may respond better to non-tablet forms such as a patch, gel or implant.
- A benefit of using the non-tablet forms is the avoidance of effects on the liver. This may be beneficial for women with liver disorders or who have nausea with tablet therapy, and for women with high triglyceride levels (one of the fats tested with cholesterol). It may also lower the risk for deep venous thrombosis (DVT).



OESTROGEN IS AVAILABLE AS TABLETS, PATCHES, GELS OR AS AN IMPLANT UNDER THE SKIN

The benefits of HRT

- By reducing menopausal symptoms, oestrogen can improve concentration and quality of life.
- Oestrogen reduces the risk of post-menopausal bone fracture, including hip fracture. Oestrogen increases bone density.
- Oestrogen may improve mild depression symptoms; however moderate to severe depression will require other therapies apart from hormones.

Side effects of oestrogen-only HRT

- Common side effects, which are usually temporary, include breast enlargement, tenderness and nausea.
- Some women associate oestrogen use with weight gain; however studies show that oestrogen does not cause weight gain. Women going through menopause have a tendency to gain weight due to their body's metabolic changes and a less active lifestyle.

The risks of oestrogen-only HRT

- All drug therapies have potential side effects. Every medication needs to be used for a reason.
- Breast cancer is an important risk factor to consider when using HRT. Other risk factors for breast cancer are family history in a close relative, increasing age, obesity, late or no pregnancies, and moderate alcohol consumption. Early onset of periods or late menopause (over the age of 55) which increase lifetime exposure to oestrogen, are also associated with increasing risk of breast cancer.
- Studies indicate that the risk of breast cancer does not increase in women who have taken oestrogen alone for up to six and a half years. Presently there are no studies published on the effect of oestrogen on breast cancer risk beyond seven years; however community studies have shown that breast cancer risk may increase after 15 years of use.
- Women who experience menopause at a younger age (under 40 years) have a lower risk of breast cancer and any effect of using HRT is unknown. Current recommendation is to use HRT until the age that a woman would usually experience menopause (51 years).
- The Women's Health Initiative (WHI) study conducted in the United States investigated the effect of conjugated equine oestrogens on the risk of chronic disease in women who had a hysterectomy. A small increase in stroke was reported. However there was no increased risk or benefit in heart disease.
- The use of oral oestrogen is associated with an increased risk of blood clots, particularly as women age.
- In older women, the use of oestrogen is associated with increased risk of gallbladder disease.

Health Tips

Enjoy a wide variety of nutritious foods, by eating plenty of vegetables, legumes fruit and whole grain cereals. Include lean meat, fish, poultry and/or alternatives. Try to include fish 3–5 times a week (this can include canned fish, such as salmon, sardines and tuna).

Take time out just for you.

Make pelvic floor exercises a life-long habit — even if you have no symptoms.

Be active on most, or all, days of the week: you don't have to do a 30 minute walk, 3x10 minutes is just as good!

3 serves of dairy each day for good bone health

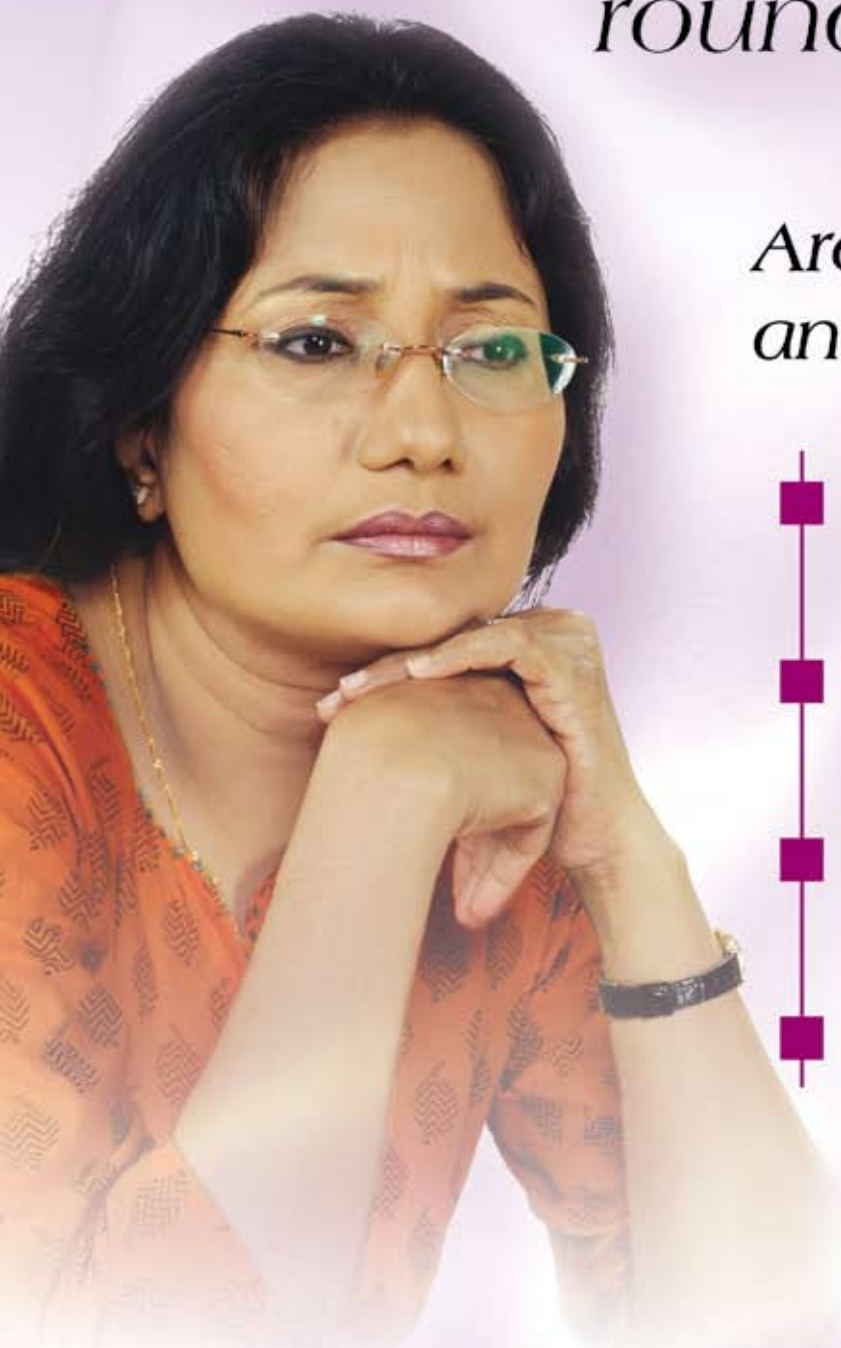


Managing the risks

- Women considering oestrogen use are recommended to have a pre-treatment breast check and mammogram. Regular examinations and mammograms are essential.
- A decision to use oestrogen should be reviewed annually by the woman in consultation with her doctor. Personal benefits versus risk should be discussed.
- Oestrogen should not be used to protect against heart attack and stroke.
- If significant menopausal symptoms are present short-term use of oestrogen is recommended. Use of the lowest dose that relieves symptoms should be considered.
- Women who do not have symptoms but require treatment to reduce their risk of osteoporosis should consult a physician to discuss all treatment alternatives.
- If a woman using oestrogen develops symptoms suggesting a DVT (a clot in the leg) she should seek medical attention promptly.
- If you are anticipating a period of prolonged immobilisation (e.g. undergoing major surgery or going on long haul flights or other travel over six hours) which can increase your risk of developing blood clots, please talk to your doctor.

This fact sheet has been developed by the Australasian Menopause Society in partnership with The Jean Hailes Foundation for Women's Health Updated April 2008

Is **Menopause** *round the corner?*



Are you over **45**?
and you suffer from:

- Hot Flashes
- Night Sweats
- Irregular Menses
- Irritability

Consult your Gynecologist for a smooth transition



Suffering in silence...

Are you over 45 years and suffering from

- Vaginal itching
- Vaginal burning
- Pain during sexual intercourse

Relief is possible
Consult your Gynecologist