

# CLUB 35 PLUS

A PUBLICATION OF INDIAN MENOPAUSE SOCIETY



Indian  
Menopause Society

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## Nutrition for the Maturing woman

Well-balanced diet can help in alleviating menopausal symptoms.

## Sexuality at Menopause

### स्वस्थ एवं चुस्त बने रहें

मेनोपॉज—रजोनिवृत्ति कोई रोग नहीं है। जीवन में इस शारीरिक बदलाव को सहज लेकर अपने यौवन एवं नारीत्व को बनाये रख एक सुखद वैवाहिक जीवन व्यतीत करें।

### EXERCISE prescription for fitness

Regular exercise may decrease the incidence and severity of hot flashes, which occur in 75% of menopausal women.

# From the Editor's Desk



The Indian Menopause Society is a non-profit organization of doctors and non doctors that was formed in 1995 to look after the health needs of the aging women. As we 'matured' we realized that there was a need to spread this message to many more and what better method than a magazine dedicated to the maturing women!

Independent India is now the home of several generations of 35+ women. Each generation has experienced youth differently with the changing kaleidoscope of the country. The maturing woman of this country has gone through the trials and tribulations of her family with always a smile on her face, love and affection in her heart and kindness in her being. She has never had time to explore herself, look deep into her inner mind to understand her desires. As doctors who have also matured like the others in the changing environment of this great nation, we have seen the needs, wants, desires and maybe aspirations of our patients change over the years. Today, we find a palpable change in the patient who meets us in our

consultation chambers. She is alert, aware and well read. Our consultations would run into hours if we counseled her to satisfy her insatiable desire to learn more about the process of aging and how to stay fit as she grew older. We all felt there was a great need to bring out a journal through which we could express ourselves and understand each other better. Lots of material regarding menopause and the health needs of women can be found in different dailies and magazines but there was nothing solely dedicated to this segment of society. We at the IMS make a humble beginning this month to commemorate the International Women's Day by bringing out this inaugural issue of **Club 35+**

This issue includes four articles on health aspects of the 35+, an interview with our founder president Dr. Rama Vaidya, tips on healthy eating by cookery queen Bapsi Nariman, exquisite pieces of jewellery from ART KARAT and most importantly 'ME TIME' – telling you how some of you spend some time with yourself.

Do take some time to go through the journal, send us your feedback and if you like us, recommend us to friends!!

Happy reading!!

  
(Dr. Sonia Malik)

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# From the President's Desk...

## A Message to Mature Women on International Women's Day...

### Stay Healthy After '40'!



Since the life expectancy has increased significantly, physical well being has come to the forefront. With increased longevity of woman and her role as a wage earner, she is not willing to take a back seat as far as health and quality of life are concerned. Entering menopause is the time to consider prevention and to take positive healthy steps. People over 40 are still young and still have a long way to go. Menopause was generally reported to be a stressful life event or 'stormy transition'. Time and concepts have changed; it is the signal of the end of first adulthood and expressed as-beginning of second adulthood with freedom!

The Last few years have thrown lot of light on the health over 40. Medicines have always been of utility in a state of illness, but now they are being used increasingly for preventing illnesses and disabilities. Menopause was associated with a myriad of problems which led to lowered productivity and was considered as a serious setback in life. In today's times, effective and well understood theories have been propounded which defeat the assumption that menopause is not an illness. It is a natural change and may produce problems such as hot flashes, lack of sleep, irritability, vaginal dryness and headache. Each woman's experience will be different. Declining levels of female hormones have profound effect on bones, heart and vessels, brain, breast, eyes and blood. These deleterious effects start almost immediately. Medicines in general have given longevity of life. Hormone replacement therapy (HRT) or phytoestrogens, has ushered in an altogether new scenario. HRT can be used effectively and conveniently in ultra short dosages, in various forms and combinations, which can be tailored with close supervision. Thus, all women can get it right!

Physical exercise was meant for young only. Now, it also applies to the middle aged and aged.

Of course, the exercise has to be tailored to the individual. The ultimate objective is to keep the physical state in a toned up condition. The key word in physical exercise is its regularity. Brisk walking, light aerobics, yoga etc. have brought in a sea change in the outlook beyond 40. Physical stress reductions also bring about positive results. System wise exercise like deep breathing, back discipline, weight bearing

joint abdominal regimens also contribute positively. Careful watch on weight leads to long term beneficial result.

Dietary requirements of the body change after 40. Start an 'Anti-aging diet' with fortification, (soya Isoflavones in all forms), supplementation, and amplification. Optimization is thus of great importance. Calcium, vitamin A,C,D & E, salt and water, fiber, addictions and habits are of particular importance. Say no to sweets, and aerated and caffeinated drinks (bone robbers).

The value of regular medical checkups cannot be undermined in years beyond 40. Watch for disease of heart, bones, blood lipids, blood pressure, urogenital tract and cancers. Regularity generally means once a year medical checkup and whenever the need arises or doubt appears. The saying 'Prevention is better than cure' justifies its message, best after 40. The technical term applied used for these purpose is 'Well Women Screening'. Menopause women require a range of medical personnel – mostly for advise. They would view doctors in a new light.

Open up with your Menopause specialist. Treat menopause as a chance to begin again. Throw away old habits and have positive thinking in respect to self image and self esteem. Good self confidence is predictor of successful coping. It is easier to change the attitude towards aging than fighting with age!

This is a very humble effort for bringing out awareness in the mature women population with a message

to remain....

Young forever,

Fit forever &

Feminine forever

Happy reading!

**Dr. Sunila Khandelwal**

President, Indian Menopause Society

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# Exercise Prescription for Fitness

In this mechanised world the only muscles we are using are our fingers for various controls. The only weight we are carrying is our own body weight. In all, a sedentary lifestyle accounts for some 250,000 premature deaths annually.

By Dr. Maninder Ahuja

**A**t any age of life exercise makes an integral part of physical as well as emotional and psychological fitness. But exercise has to be **integrated into our daily life** just as we brush our teeth daily.

## THE BENEFITS OF EXERCISE IN A NUTSHELL

- Even in the elderly woman, exercise can attenuate certain effects of aging and sedentary lifestyles.
- Regular exercise may decrease the incidence and severity of hot flashes, which occur in 75% of menopausal women. Menopausal women typically benefit most from exercise in combination with estrogen replacement therapy.
- Weight-bearing exercise, resistance training and high-intensity fitness regimens can reduce a woman's risk of fractures and help retard sarcopenia.
- Cardiovascular effects of exercise are also dramatic, as studies have shown that perimenopausal women who are more physically active and gain less weight have lower elevations of LDL, total cholesterol and triglycerides than their heavier, less active counterparts.

### Components of fitness are:

- Cardiorespiratory fitness,
- Weight control and fat distribution and body composition,
- Muscular strength,
- Endurance,
- Flexibility.

### Various types of exercises are:

- Stretching exercises,
- Toning exercises,
- Range of movement exercises,
- Strength building exercises and resistance exercises to increase BMD and decrease sarcopenia,
- Meditation or relaxing exercises.

### Some precautions while doing exercises are:

1. Warm up is must,
2. Take plenty of water,
3. Room temp should not be very hot,
4. Switch on the music to enjoy your exercise,
5. Vary your exercises so that you are not bored,

6. Make a group and enjoy your exercise and be cheerful,
7. First learn the proper way of doing exercise and then slowly you can add weights,
8. DON'T GIVE UP! RESULT WILL COME SLOWLY BUT WILL COME DEFINITELY.
9. Intensity of exercise can be measured by various means:
  - Talk test,
  - Heart rate test,
  - Borg rating of perceived exertion (RPE) scale,
  - MET Test.

Heart rate test is easy to use and is calculated from MHR

MHR (maximum heart rate) is 220-age in years and targeted heart rate for moderate exercise should be 60-80 % of your MHR and for severe intensity of exercise it can be 85-90% of MHR

10. Whenever you start exercising the first thing is to do is to warm up and this can be done either by cycling or treadmill walking or just by stretching the group of muscles you are going to exercise.
11. Take lots of water in between,
12. Learn proper technique of doing these exercises and exercise whole body, but in one day you can do one or two groups of exercises.

In this session we would tell about leg exercises which can be done at home.

### Warm up

If you are doing it with a tread mill see to it that the surface is not inclined. Warm up can be by simple walking even, or by stationary cycling for 5- 10 minutes.

If you have to lose weight then these exercises can be for a longer period like 15-20 min.but for toning up and strength building warm up 5-10 minutes is ok.

### Walking as an exercise

Walking to be effective has to be at a brisk pace. Slow walking does not give any benefits of weight losing or even for cardioprotection. You should do at a pace that you are barely able to take.



Footwear should be proper and ideally it should not be on hard surface.

Stretching is a vital component of any exercise program. A brief stretch after any workout is a nice way to relax – and it helps to prevent injury and maintain flexibility. Furthermore, stretching helps reduce back pain from osteoporosis, as well as other aches and pains.

## Leg Exercises

Leg exercises should be done to strengthen all your leg muscles and give them full range of motion and some of these exercises are following which can be done at home.

**Hamstring Stretch:** Sitting on the ground, with one leg straight and the other one comfortably bent in front of your body, bend at the waist and lean forward, keeping your back as straight as possible and don't arch it. Reach with your arms towards the foot until a stretch is felt under your thigh. Hold each stretch for a minimum of 30 seconds, any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 reps, 3-6 times a day. Any pain you feel with this exercise should only be a local stretching sensation to the back of your thigh area, without aggravating your condition.

**Calf Stretch:** Start with stretching the right Gastrocnemius portion of the right calf area. While standing, place your right leg in front of you and your left foot directly behind you. Place the toes of your right forefoot up against a door or other flat wall surface, keeping your heel down to the floor. Lean against a wall or other stationary object, both palms against the object. The leg you want to stretch is back, several feet from the wall, your heel firmly positioned on the floor. Your other leg is flexed about halfway between your back leg and the wall. Start with your back straight and gradually lunge forward until you feel the stretch in your calf. 'It is important to keep your back foot straight and angled 90 degrees from the wall.' Hold each stretch for a minimum of 30 seconds. Any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 reps, 3-6 times a day. Any pain you feel with this exercise should only be a local stretching sensation to the calf area of the leg, without aggravating your condition.

**Quadriceps Stretch:** Start with stretching the left Quadriceps muscle. While standing hold a solid surface for support and bend back your left leg. Grab your left ankle and pull that foot to your left buttocks while simultaneously pulling your left thigh backwards while keeping your back straight. Pulling your thigh backwards is a very important part of



**HOLD EACH STRETCH FOR A MINIMUM OF 30 SECONDS, ANY LESS THAN 15 SECONDS AND THE MUSCLE WILL NOT CONFORM TO THE NEW INCREASE IN LENGTH.**

**Gluteus Stretch:** Lying down on your back, bend your right knee, and place your left leg over the right leg, resting the outside of the left ankle slightly above the right knee. Place your right hand around the outside of your right thigh and place the left hand around the inside of your right thigh. Lock the two hands together. Now pull forward towards your chest to achieve a stretch in the left gluteus portion of your buttocks. Do the exact opposite to achieve a stretch of the right gluteus portion of the buttocks. Hold each stretch for a minimum of 30 seconds, any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 reps, 3-6 times a day. Any pain you feel with this exercise should only be a local stretching sensation to the back of your thigh and buttocks area, without aggravating your condition.

this stretch, as it will place the stretch in the mid-thigh instead of overloading the pressure on the knee. Do the exact opposite to achieve a stretch of the right Psoas portion of your front upper thigh area. Hold each stretch for a minimum of 30 seconds. Any less than 15 seconds and the muscle will not conform to the new increase in length. Do 3 reps, 3-6 times a day. Any pain you feel with this exercise should only be a local stretching sensation to the Quadriceps muscle area of the upper thigh, without aggravating your condition.

**Inner side of thigh muscles stretch or adductor stretch:** Our muscles do not work alone when we perform certain exercises. Our adductor muscles are working simultaneously with others while doing squats, leg presses, or lunges. Make

THIS EXERCISE CAN BE DONE WITH HOLDING FREE WEIGHTS IN YOUR HANDS, AND AS YOUR STRENGTH GOES ON INCREASING YOU CAN INCREASE WEIGHTS OR YOU CAN DO WITH WEIGHTS ATTACHED TO A BARBELL AND BARBELL IS HELD AT THE UPPER PART OF YOUR BACK.

sure that your adductor muscles are in their good condition every time you perform stretching activities.

To stretch the groin simply place the feet together pull in toward yourself grab onto your ankles and apply force with your elbows down on your legs. If your doing this stretch correctly you'll feel a pulling on your upper inner thigh.

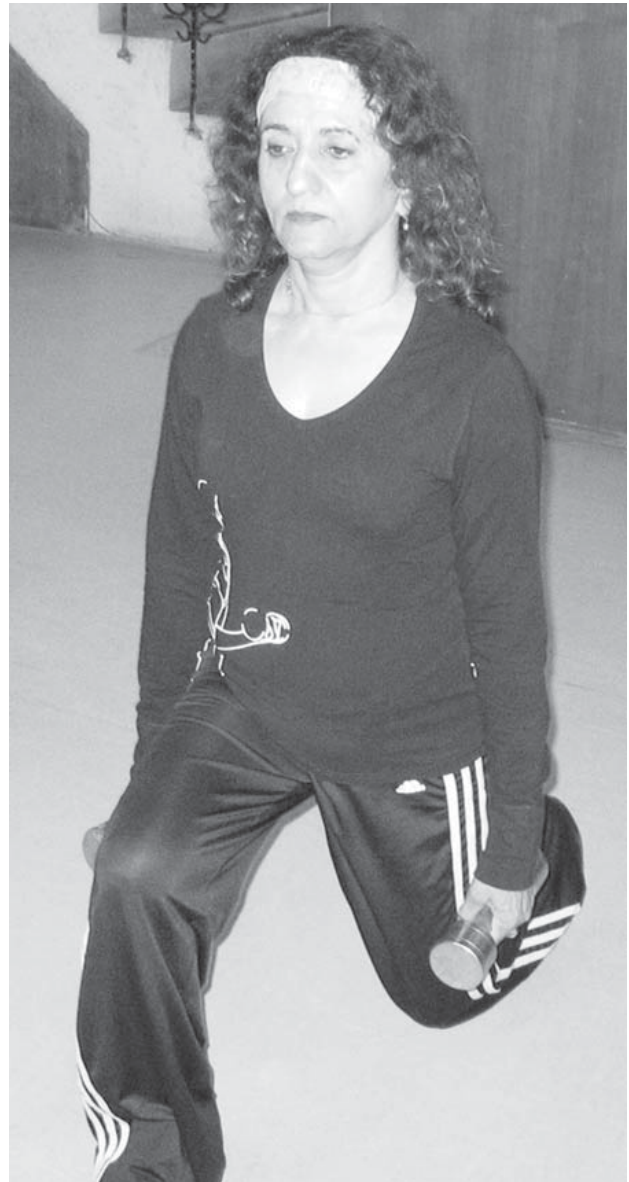
**Front Lunge:** The lunge is a dynamic exercise that targets the muscles of the thighs, back, and buttocks, strengthening the bones in the hip and spine. The wide leg squat addresses the same muscles, but the lunge includes balance and coordination as well.

**Starting position:** Stand next to table or counter with your feet hip-width apart, knees slightly bent. Lightly hold on to the counter with one hand.

**1-2-3-Forward:** Take a large step forward with your right leg. Land on the heel of your right foot, and then roll your foot forward until it is flat on the floor. Keeping your body erect, bent both knees so that your hips drop straight down. Your front thigh should be almost parallel to the floor, and the knee of your back leg should approach the floor. The knee of your forward leg should be over your ankle, not past your toes. The heel of your back leg will come off the floor. Your weight will be equally distributed between your front foot and the ball of your back foot.

This exercise can be done with holding free weights in your hands, and as your strength goes on increasing you can increase weights or you can do with weights attached to a barbell and barbell is held at the upper part of your back.

**Pause for a Breath: Return:** Push back forcefully with the front leg to return to the starting position. Pause for a breath, and then repeat the move.



**Reps and Sets:** Alternate legs as you step forward until you have done 8 reps with each leg – this is 1 set. Rest for a minute or two and do a second set. This exercise can be done without weights or slowly you can add weights.

**Wide Leg Squat:** It strengthens the muscles of your front, back, and inner thigh as well as your buttocks and the hip-bones, i.e. hamstrings, quadriceps and gluteus muscles.

Stand about 6 inches in front of the chair with your feet a little wider than shoulder-width apart. Take a deep breath and flex your knees and then aim your buttocks back and slowly lower yourself into the chair. Your knees should remain above your ankles; your knees should never go beyond your toes.

Pause, and slowly stand. Then repeat the move 8–10 times and three sets of same repetitions.

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# Nutrition for the Maturing Woman

By Dr. Ved Prakash

**M**iddle and old age can be one of the highest experiences of a human being's life. As women approach midlife they are likely to experience physiological changes associated with menopause along with changes in family relationships, body image, role and purpose in life. Menopause is a natural physiological stage of middle age which signifies changes in levels of reproductive hormones and is most noticeable in women between the age of 40-50, although the timings may vary individually.

Menopause is not a disease. It is a natural process in a woman's life. How a woman views this time of her life can have a lot to do with how frequent and severe her symptoms are. If menopause is viewed as the end of youth and sexuality, this time will be much more difficult than if it is viewed as the next, natural phase of life, a time of greater freedom, liberation from the restrictions of youth.

Menopause is caused by the natural declining function of the ovaries, which gradually produce lower and lower levels of the hormones estrogen, progesterone, and testosterone. This causes the total serum levels of these hormones to also decline in the woman's body. Decreasing levels of estrogen cause many of the long-term health problems, such as osteoporosis and heart disease that can occur after menopause.

## Menopausal Symptoms

Although some women have very few noticeable symptoms of menopause besides the cessation of her menstrual periods, most women will have some degree of other symptoms. Symptoms may come and go, and more may develop, over the course of the menopausal years. They include:

- Hot flashes
- Night sweats
- Vaginal dryness
- Poor concentration/memory loss
- Depression, anxiety
- Sleep disturbances
- Changes in sexual desire
- Heart palpitations
- Joint and/or muscle pain
- Urinary changes (urinary frequency)

Many women report an increase in many of these symptoms following surgical menopause (hysterectomy or



oophorectomy), and in these women the symptoms tend to be more severe.

## Menopause and Chronic Diseases

During menopause women get more prone to chronic diseases because of hormonal fluctuation.

## Menopause and Heart

Lower levels of estrogen cause changes in blood cholesterol putting women at increased risk of heart disease.

## Life Style and Weight

During menopause, there is tendency to put on weight.

High caloric intake: Probably, because of too much fat and sugar. The point is as age advances calorie requirement decreases, 10% with every decade after 30.

Reduced physical activity; this further widens the gap between the energy intake and expenditure.

Low BMR - low thyroid activity - increases weight.

## Osteoporosis

As we get older, our bones gradually lose calcium. Bone loss speeds up in women as estrogen levels taper off. Optimal intake of calcium, vitamin D, vitamin C, phosphorus, and magnesium can help to prevent osteoporosis.

## Nutrition and Menopause

While nutritional problems of women in the reproductive age group have attracted considerable attention, the subject of nutrition in menopause has apparently evoked little interest. While menopausal symptoms may not be life-threatening, they could cause considerable distress and sometimes even alarm. There is enough evidence in literature to indicate that a well-balanced diet can help in alleviating menopausal symptoms. Balanced diet containing essential micronutrients and macronutrients including beta-carotene, isoflavonoids, phytonutrients, high fiber, and sufficient water is recommended.

**Energy Level:** Should vary between 1000-1500 kcal/day (60% calories from carbohydrates, 20% from protein, 20% from fat), depending on the body weight.

**Protein:** Moderate because activity level decrease, body building is not there, 0.8 gm/kg body weight taking normal values for height.

**Carbohydrate:** Complex carbohydrates which include fibre, natural forms of sugar like whole cereals, brans, kidney beans, pulses, barley, etc.

**Fat:** 20-25 gram/day. It is important to use a combination of fats everyday for a good supply of essential fatty acids. Food high in fat, especially saturated fat and cholesterol, could be avoided and such as whole grain breads and cereals, fruits and vegetables could be preferred. Foods low in fat but high in fiber content will also help to keep weight under control.

## Micronutrients

Calcium intake in Indian women is generally low. Moreover, lower levels of estrogen during menopause leads to the loss of calcium, which results in osteoporosis. It may therefore, be necessary to ensure adequate intake of calcium and vitamin D. Good food sources include milk, cheese and other milk products. Intake of salt should be reduced, as it increases the urinary excretion of calcium. Avoid caffeine, carbonated soft drink, food high in phytates, oxalates and tannic acid. Magnesium intake helps in relieving symptoms such as heart palpitations, hot flushes, insomnia and anxiety. Women who experience heavy menstrual bleeding should include iron rich foods organ meats, whole grains and green leafy vegetables in diet.

Boron is believed to be an estrogen enhancer, usually found in grapes, apples, pears, peaches, almonds, honey, peas, lentils, beans and peanuts. Tryptophan rich foods banana, pineapple, plum, nuts, milk etc, help to reduce depression and insomnia associated with hormonal fluctuation. Indoles have a protective effect against breast cancers, colon and other types of cancer. Indoles are found in cabbage and other cruciferous vegetables. Bioflavonoids can be found in oranges and grapes. It gives relief from leg cramps. Adequate intake of Vit A and beta carotene are helpful in reducing the

symptoms of vaginal dryness. It can be found in carrots and yellow and orange fruits and vegetables. Foods rich in vitamin B such as unmilled cereals, pulses and nuts are important for memory function. Vitamin C is very important for absorption of iron, calcium and also helps to relief from hot flushes. Vitamin rich foods are citrus fruits, tomatoes, broccoli, berries, banana, green leafy vegetables. Vitamin E is effective in relieving menopausal symptoms such as hot flushes, vaginal dryness and breast tenderness. Food sources of Vit E include broccoli, nuts and tomatoes.

**Phytoestrogens:** Substances with chemical structure similar to estrogen, but occurring in plants called phytoestrogens. These compounds have some estrogen-like effects. They help in alleviating some of the symptoms of menopause such as hot flushes and vaginitis. Phytoestrogen rich foods have been shown to have a beneficial effect on the vaginal tissue and to have a positive effect on the libido. They enhance the estrogen level in the body and help to reduce the symptoms of menopause. The richest source of phytoestrogen is soya bean, the other good sources are Carrot, Beets, Pumpkin, Potato, Red beans, Peas, Garlic, Egg plant, Cucumber, Tomato, Soya beans, Apple, Plum, Papaya, Pomegranate, Dates, Cherries, Par boiled rice, Oats, Barley, Wheat, Yam and Sauf. Plant estrogens are weaker than natural estrogen, but they circulate in the blood at levels several times higher than natural estrogen.

**Foods To Be Avoided:** Fatty meat, fried food, sugar and refined carbohydrate, spicy food like pickles, coffee, tea, chocolate, alcohol and tobacco.

**Exercise:** A sedentary lifestyle is an established risk factor in many common conditions including: obesity, diabetes, hypertension, heart disease, insomnia, low back pain, and certain forms of cancer (including breast). Exercise need not be a complicated or time consuming affair; it can be in the form of brisk walking, jogging, bicycling, aerobics, dancing, tennis, weight-training, rollerblading, ice-skating, or even gardening. Any activity which raises the heart rate and/or works against gravity can help maintain a healthy heart, skeleton, muscle tone, immune system, and body weight.

Adequate exercise is also a potent modifier of many menopausal symptoms. Exercise can promote more restful sleep, reduce depressive thoughts, retard osteoporosis, ameliorate hot flashes in some women, and improve cognitive function.

Although menopause is one of the important physical milestones in a woman's life, many women lack concrete information about what is taking place and what are their options. With a proper diet, nutritional supplements, and exercise and simple lifestyle changes, most of the unpleasant side effects of menopause can be minimized to a great extent and with this knowledge and preparation you can step forward with grace and embrace it!

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# Dietary Guidelines from The Indian Menopause Society Consensus Statement 2007

**B**alanced diet containing essential micronutrients and macronutrients including beta-carotene, isoflavonoids, phytonutrients, high fibre, and sufficient water is recommended.

Frequency of eating: Four or more smaller meals rather than three large ones

## MENOPAUSE AND HEART

- Lower levels of estrogen cause changes in blood cholesterol putting women at increased risk of heart disease.
- NECP recommends 100 IU of vitamin E.
- Low-fat, high-fibre, antioxidant-rich diet is recommended.

## LIFESTYLE AND WEIGHT

During menopause, there is tendency to put on weight.

- High caloric intake: Probably, because of too much fat and sugar. The point is as age advances calorie requirement decreases, 10% with every decade after 30.
- Reduced physical activity; this further widens the gap between the energy intake and expenditure.
- Physical and mental disruption, for example, quitting smoking or anxiety and depression results in snacking habit which leads to excessive energy consumption.
- Low BMR - low thyroid activity - increases weight.

## OSTEOPOROSIS

As we get older, our bones gradually lose calcium. Bone loss speeds up in women as estrogen levels taper off. Optimal intake of calcium, vitamin D, vitamin C, phosphorus, and magnesium can help to prevent osteoporosis.

## FOOD SOURCES

Fish, drumstick leaves, almond, dark green leafy vegetables, broccoli, sardines, and dairy products are excellent sources of calcium.

### Note:

- Milk is an important source of calcium, best deposited in bones if taken at bedtime provided the diet is balanced in other nutrients.
- Curd is advised in case of lactose intolerance.
- It is ideal to eat calcium-rich foods in a diet that contain calcium as well as phosphorus in the ratio of 2:1 to ensure best absorption.

## CUT DOWN ON TEA AND COFFEE

These promote excretion of calcium.

## CANCER

Breast cancer is most common in perimenopausal and postmenopausal women. In order to make a smooth trip into menopause, nourish yourself with vibrational foods such as brown rice, foods rich in fibre, phytonutrients, micronutrients, and antioxidants. Eat low-fat and whole-cereal diet.

## NUTRITION AND MENOPAUSE

There is enough evidence in literature to indicate that a well-balanced diet can help in alleviating menopausal symptoms.

### Dietary Prescriptions

**Energy Level:** Should be decided according to the individual's body weight and height. Distribution of calories: 60% calories from carbohydrates; 20% from protein and 20% from fat.

**Protein:** Moderate because activity level decreases, bodybuilding is not there, 0.8 gm/kg body weight taking normal values for height

**Carbohydrate:** Complex carbohydrates which include fibre, natural forms of sugar like whole cereals, brans, kidney beans, pulses, barley, etc.

**Fat:** 20-25 gram/day. It is important to use combination of fats everyday for a good supply of essential fatty acids.

### Micronutrients

**Calcium:** 1000–1500 mg of calcium daily as recommended by Osteoporosis Society of Canada.

- Micronutrients should be from 2-3 servings of fruits and vegetables.
- Milk and milk products for calcium.
- Dark green leafy vegetables to be included at least once a day to ensure required amount of folic acid, zinc, calcium, and iron.
- Fat soluble vitamins A, D, E, and K.
- Boron is believed to be an estrogen enhancer, usually found in grapes.

### Phytoestrogens

(Substances with chemical structure similar to estrogen, but occurring in plants) These compounds have some estrogen-like effects. Following list of foods may be used for including

in the diet since they enhance the estrogen level in the body and help to reduce the symptoms of menopause.

### Estrogen Containing Foods

These include: Carrot, Beets, Pumpkin, Potato, Red beans, Peas, Garlic, Eggplant, Cucumber, Tomato, Soya beans, Apple, Plum, Papaya, Pomegranate, Dates, Cherries, Par boiled rice, Oats, Barley, Wheat, Yam and Sauf.

### Fermented Foods

These include: Idli and Dhokla. Enhance the nutrient content of diets, esp. those which contain a cereal-pulses mix.

### Foods to be Avoided

these include: Fatty meat, Fried food, Sugar and refined carbohydrate, Spicy food like pickles, Coffee, Tea, Chocolate, Alcohol and Tobacco.

## CLINICAL PARAMETERS TO WATCH

1. Maintenance of ideal body weight.
2. Controlling or bringing down the symptoms.
3. Controlling of associated risk factors like lipid profile, blood pressure, obesity, osteoporosis, etc.

In addition to monitoring the above parameters, it is important to counsel the individual about the lifestyle modifications, diet, and exercise pattern which one has to follow under professional diet counselling which is of utmost importance to help tide over this problematic phase of life.

DIET ALONE CANNOT HELP TO ALLEVIATE THE SYMPTOMS OF MENOPAUSE UNLESS ACCOMPANIED BY REGULAR EXERCISE, SOCIAL INTERACTION, AND MENTAL OCCUPATION.

## Me TIME

It can be best described as the time when I cease to think of anything else but enjoyment or involvement in my favourite pastime. Thus, relaxing and overcoming day-to-day pressures.

## Lets share the 'me time' of some ladies!

I love aerobics and like dancing to relax.

- Mrs Jaya Mehta  
(VP Monnet Intl)

Watching movies and taking the children to park.

- Mrs Subashini Vasanth  
(classical dancer)

Travelling and shopping are my favourite stress-busters.

- Mrs Pardeep Kaur  
(Director, Jiten foods and flavours)

Music and reading books are relaxing to me.

- Mrs Mira Mistri  
(Homemaker)

I love playing bridge and watching news to relax.

- Mrs Bapsi Nariman  
(Author, Writer)

Gardening and listening to old Hindi movie songs are my companions.

- Mrs Jaisingh  
(w/o Vice Chancellor-Amity University)

Shopping and playing with pets are so relaxing.

- Mrs Jyoti Dobhal (Homemaker)

# AGING

By Dr. Sonia Malik

**M**any a times, you have looked at a beautiful woman and wondered what her age was.? What is aging? The process of gradual decay of cells and tissues of the body leading to death of cells is called aging. There are three kinds of aging: Chronological, Biological and Psychological.

**Chronological Aging** – This is fixed and cannot be altered. It is determined by your date of birth.

**Biological Aging** – It tells you how time has affected your organs and tissues in relation to that of another person and this is what can be altered. It is also this type of aging which makes two people of the same age seem different!

**Psychological Aging** – What do you think is your most personal possession? Is it most flexible because no two persons feel exactly the same way in life. This can be altered. Psychological aging can be a reflection of biological aging.

Science is increasingly showing that certain health choices can slow and perhaps even reverse the rate of aging. Even choices made late in life make a difference. For example, people who exercise early in life, but quit, may show no longevity benefit. In contrast, people who start exercising in their 50s and 60s, or even later, show considerable benefit.

Your real age is no doubt influenced by your genes and your chronological age but can to a large extent also be influenced by your environment, diet and life style.

Man was perhaps destined to live not longer than 40-45 years in the agricultural era. The Industrial Revolution provided the economic base for the rise of the professions, improvement in living standards, population expansion and longevity of the human race!

Hence the last few centuries have seen an exponential rise in the number of older people in the world. The average age of women in India is now 71 years according to the 2007 population report of the CIA and that of men is 68 years. We have therefore added 30–35 years to our chronological age. But, what about biological age?

Paradoxically, we seem to be aging faster biologically. Most tissues in our bodies seem to be showing signs of decay and death making us feel older than we actually are. Let us take a look at menopause. How does this affect our bodies?

When the ovaries pack up, they stop producing eggs making the woman sterile but there is more to it. Along with this, there is also the stoppage in the production of hormones that are known to have many functions in the body of the woman. What are hormones?

## Hormones and Body Functions:

Hormones are juices or secretions of glands that are circulated throughout the body in the blood. These hormones have different effects on different systems of the body. The reproductive hormones produced by the ovaries also perform various functions in our bodies e.g. prevention of osteoporosis, prevention of wrinkles on the skin. Hence when these are withdrawn from the body, many such protective effects are gone making the woman biologically older. Fluctuations in hormone levels may begin much earlier than the periods actually stop (true menopause) and this state is said to begin 13 years prior to the actual cessation of periods. So if the average age of menopause in India is 47 years, perimenopause will start at 34-35 years for most women! Unfortunately this is also the age where most of the urban girls are considering starting their families! Premature ovarian failure is therefore a cause for worry for the woman of this generation since she has to live a biologically inadequate long (chronological) age!! The cause of this early menopause is not known but life can be modified by taking the right diet and keeping up activity by doing the right type of exercises. Both the body and the mind must be harnessed in order to stay young and have an 'ageless body and timeless mind'. How do we do this?

## Assuring:

Physical and mental well being  
Good nutrition  
Spiritual Vitality  
Positive attitude  
Healthy relationships

## Key questions:

Do you feel older than you are?  
Do you know what your real age is?  
Are you aware of the factors that increase your biological age?  
Are you in the perimenopausal or menopausal age group?

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# ART KARAT



OUR COLLECTION BOASTS OF A WIDE VARIETY OF BOTH, CLASSIC AND CONTEMPORARY DESIGNS, TO ADORN A WOMAN FROM HEAD TO TOE. WE STRIVE TO CREATE JEWELLERY FOR EVERY OCCASION AS THE COLLECTION DERIVES INSPIRATION FROM MANY SOURCES, INCLUDING THE TEMPLES OF KHAJURAHO, THE KINGDOMS OF RAJASTHAN, THE MUGHAL ERA AS WELL AS THE EVERLASTING CHARISMA OF INDIAN CINEMA.

Not very long ago, the concept of semi-precious designer jewellery was unheard of, in India. Gold was the only metal considered worthy of wearing, more for its social interpretation of status than anything else. While the weight of ones jewellery mattered, beauty and intricacy were not given much importance.

The Art Karat Collection changed all that with its breathtakingly beautiful pieces, created on a silver base and gold vermeil, studded with precious and semi-precious authentic gemstones. At Art Karat, each piece is handcrafted by some of India's finest craftsmen, many of whom have won awards for their talent.

Our collection boasts of a wide variety of both, classic and contemporary designs, to adorn a woman from head to toe. We strive to create jewellery for every occasion as the collection derives inspiration from many sources, including the temples of Khajuraho, the kingdoms of Rajasthan, the Mughal Era as well as the everlasting charisma of Indian cinema.

Worn by some of India's most famous celebrities and the worlds most respected Royals, the Art Karat collection is possessed and cherished by thousands of admirers around the globe. It has also been used in more than 10 Bollywood blockbusters including *Devdas*, *Monsoon Wedding*, *Kamasutra*, *Zubeida* and the recent *Yatra*, featuring Rekha.

## Art Karat at a Glance

- Art Karat was founded by Asha & Kamal Modi in 1988 with a vision to create an alternate line of jewellery with a silver base and studded with only precious and semi-precious authentic gemstones. This jewellery was always meant to command the same respect as gold jewellery.
- The philosophy behind this vision was to create masterpieces that are brilliantly crafted, exceptionally designed and valued as art and invested in like heirlooms that are passed from generation to generation.
- Asha Kamal Modi is the chief designer for Art Karat. A gemologist by profession, she has won numerous accolades for design from the GJEPC. Recently, she was recognized by the FICCI Ladies Organization as one of



## ASHA KAMAL MODI

*Jewellery Designer*

To envision the breathtaking view of a woman from head to toe in one's own creations, to do away with the conventional and passé styles and emerge with a distinct line of jewellery that reflects a woman's inner most desire — This has always been the vision of Asha Kamal Modi, designer par excellence and the driving force behind Art Karat, the enchanting jewellery line.

Asha Kamal Modi launched her line in 1988, at a time when the concept of designer jewellery was unheard of in India. In face of acute cynicism, she carved a niche for herself as one of the most recognized jewellery designers of India. She draws her inspirations from the basic elements of nature, along with the rich Indian heritage. She has always been fascinated to study the changing traditions of our heritage. Each of her designs is unique and different in style, mood and craftsmanship, made to perfection by some of India's finest artisans.

Asha's creations cater to a wide canvas of both traditional and western tastes, blending majestically with whatever a woman wears. Asha has designed jewellery for more than 10 Bollywood blockbusters include movies like *Devdas*, *Monsoon Wedding* and *Kamasutra*. It is her deep-rooted sensitivity and her exceptional creativity that have made her a household name among the lovers of jewellery.

A trained gemologist, Asha has been felicitated for her talent with the President's award for design, the FICCI 2005 Award and the prestigious Best Designer Accolade by the Gem & Jewellery Export Promotion Council. Asha and her husband Kamal Modi reside in New Delhi with their two children Saket and Shivani who are also a part of the business. Saket manages Art Karat in the United States and Shivani designs for Gold Karat, the gold and diamond division of the group.

India's 20 most influential women who have significantly contributed to the economic reform of the country.

- Art Karat employs more than 500 craftsmen around the country making it the largest production facility in its category.
- The jewellery is sold out of 150 self-organized exhibitions held at 70 cities, across 5 continents and 15 exclusive Art Karat Boutiques around India.
- The Art Karat Brand is immensely popular amongst the upper middle income group of women who come from the south Asian decent settled around the World. Every year, more than 25,000 people buy Art Karat from the companies' various outlets.
- The primary customer perception of Art Karat is that it synonymies Extraordinary Designs.
- Our lifetime policy for maintenance and repair provides most of our customers a sense of security and gives the brand more leverage against other jewellers.
- The future for Art Karat seems bright and exciting. The company will open 25 new stores by the end of 2009. The group will expand its operations to Canada and Dubai by mid-2009.

# Sexuality at Menopause

By Dr. Saroj Srivastava



In human beings most of the systems age in accordance to chronological aging, however, some of the endocrine systems may not follow this law. Out of all endocrine systems female gonads have shortest functional life. Its functional life lies between menarche to menopause. Ovaries fail to function after menopause; rather menopause is the outcome of failing ovaries. Since sex-hormones are linked to sexuality; it is natural to believe that menarche initiates sexuality while menopause concludes it. The formation of egg is responsible for reproduction as well as production of the hormones estrogen, testosterone and progesterone. Postmenopausal ovaries are devoid of their eggs (which have either degenerated or spent as a result of ovulation) which causes cessation of estrogen and progesterone formation, however ovaries keep secreting testosterone for a few more years after menopause.

There is no doubt that women's child bearing capacity disappears after the final menstrual period. But it does not denote the end of sexuality. Though the relevance of sexual activity declines with age, the sexual feelings continue to stay much beyond menopause. It is observed that sexual feelings and activities are a natural part of living. Many women remain sexually active throughout their postmenopausal years. In general sexual desire (sex drive) decreases with age in both sexes, but each individual is different. Some experience significant decline in sex desire, a few have increased interest and others notice no change at all.

These observation raise following questions:

- Does sexual desire have direct nexus with sex steroids?
- Is aging responsible for diminished sexual desire?
- Are there factors, other than sex hormones, which may be responsible for sex desire?
- Is lack of sex steroids alone, or added other health issues, responsible for sexual dysfunction?

**CHANGE IN BODY IMAGE AND SUBSEQUENT LOWERED SELF ESTEEM MAY ALSO BE RESPONSIBLE FOR DIMINISHED SEX DESIRE. SOME TIMES, IT COULD BE ILLNESS OR DEATH OF THE PARTNER OR SEPARATION FROM HIM WHICH MAY BE RESPONSIBLE FOR DECLINE IN SEXUAL INTEREST.**

## WHAT IS SEXUALITY?

According to Oxford dictionary sexuality is the capacity for sexual feelings. It also increases a person's sexual performance. Losing sexuality means losing that part of emotion which is either the cause or the result of sexual drive. Though the relevance of sexual activity declines with age, sexual feelings continue to stay much beyond menopause. However, sexual desire may get marred due to factors related to physical, emotional and social well-being. It is unfair to link menopause with sexual retirement because many women feel that losing sexuality and losing femininity are the same thing.

Sexuality is an important phenomenon and Sexual life is linked to 'Quality of Life' (QOL) concept. It is imperative that the QOL should not be compromised due to physiological changes occurring during or after menopause. With increasing life expectancy there is a growing number of post menopausal women; therefore it becomes necessary that our goal should be focused towards optimizing healthy life.

It has been suggested that an active sex life can also increase longevity amongst the elderly.

**Traditional Human Sex Response Cycle:** Masters, Johnson & Kaplan indicated that women necessarily begin a sexual experience with an awareness of a sexual desire, which is followed by arousal and by orgasm and resolution. This is now recognized as a limited and often inaccurate portrayal of women's experience.

According to Dr. Rosemary Basson (One of the pioneers in this field), "an appreciation of how matters of the mind can influence the physical responses of the body in many other areas of medicine, allows us to discard the former concept that sexual difficulties are either biologic and organic or psychological."

A recent study of 987 American women concluded that the best predictors of sexual distress were a women's general cum emotional well-being and her feelings of emotional closeness to her partner during their sexual experience. A woman's arousal is something more complex than one component – the increased lubrication with sexual stimulation.

Van Lunsen and Laan in their review article emphasized that the phenomenon of increased lubrication can occur in a satisfactory manner despite estrogen depletion provided there is sufficient stimulation and subjective sexual arousal. Current re-conceptualization of women's sexual response acknowledges that women have many reasons or incentives for engaging in sex over and beyond sexual desire. These aspects have been incorporated into new model; of sexual responses.

**Menopause & Sexual Desire:** Research shows that sexual problems are common for both women and men of all ages. However, with women it is more likely to be 2-3 times higher than their male counterparts. The factors affecting sexual desire in post-menopausal women are as follow:

- Reduced ovarian production of sex hormones at menopause are responsible for hot flushes and night sweats which rob a woman's restful sleep and thus cause reduction of such desire. Estrogen deficiency also causes vaginal dryness which in turn causes dyspareunia or painful sex. Apprehension of pain causes reduced sex desire. Declining testosterone levels is a contributory factor towards diminished libido.
- Other factors which affect desire are like social changes, children leaving home; need to care for ageing or ill parents, and fatigue and stress of demanding life dampens sexual desire. Change in body image and subsequent lowered self esteem may also be responsible for diminished sex desire. Some times, it could be illness or death of the partner or separation from him which may be responsible for decline in sexual interest. This age group is more vulnerable to medical/metabolic problems like diabetes, hypertension, cardiac ailments, osteoporosis and osteoarthritis etc. which may also cause stress, body ache, fatigue, anxiety, depression, etc. which may be directly or indirectly responsible for reduced sexual desire. Even the medications, which are used for the above medical disorders, may be responsible for reduced libido.

Total abdominal hysterectomy, where though the ovaries are conserved, may still suffer from deficiency of ovarian steroids due to interfered circulation to gonads.

## MANAGEMENT

Understanding these factors and making adjustments can alleviate anxiety. Therefore, it is necessary to identify the problems and treat them accordingly. Making life style changes, improving communication between partners and providing sexual counseling, a couple can be helped. Above all, a caring relationship is needed between partners.

Knowledge about drug therapy in order to improve sexual function is still in infancy. However, vaginal lubrication may still be helpful. Estrogen therapy should be considered if lack of estrogen is responsible for diminished sexual desire. Sildenafil is not as effective for the correction of diminished libidos as in males. Addition of Androgens to ET is especially helpful where hysterectomy has been performed at relatively younger age or premature ovarian failure has occurred.

## CONCLUSION

Sexuality, sexual desire and sexual performance are closely related to each other. It is women's subjective feeling which gets modulated by emotions and cognitions. An awareness of sexual desire is not the most frequent reason women accept or initiate sexual activity. Sexuality is closely related to her thoughts and emotions; the reasons of acceptance of sex is to express love or because the partner wanted it. The couple rather than the woman alone should be focused for assessing and treating the dysfunction related to sexuality.

Post menopause estrogen deficiency alone is not responsible for diminished sexuality. There are several factors which modify sexual behavior and sexuality out of which emotional bondage between partners is most important.

A word of caution is essential for the protection of these women from STD, AIDS, etc as women are twice as likely as men to catch these infections, perhaps because of vaginal atrophy.

## KEY QUESTIONS

1. What are your sexual problems?
2. What is their duration? Are the problems situational?
3. What is the reaction of your partner?
4. Have you consulted your physician about your problem?
5. Have you taken any treatment for this?

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# Managing Menopause

## The Red Clover Way

**A**re your monthly periods irregular? Are you experiencing sudden rise in body temperature? Do you get night sweating or suffer with frequent mood changes? Or are you not able to concentrate on work? And is your age above 40 years. Nothing to worry about!

### Welcome to the club of transition stage of women's life - Menopause

Menopause is a natural progression of life that occurs in every woman above 45 years. Menopause is associated with short term symptoms like hot flushes (sudden rise in body temperature), night sweating, etc. In the long term menopause may also lead to osteoporosis, cardiovascular disease, dryness of skin, breast cancer.

Natural supplements like isoflavones currently are the safe and better option for the management of menopause. Soy isoflavones and Red clover aglycones are now the latest treatment options in the management of menopause.

Red clover aglycones are derived from the plant *Trifolium pratense* (Red Clover) is a species of clover, commonly grown in Europe, Western Asia and Northwest Africa.

Unlike Soy isoflavones, Red clover aglycones are the active form and need not be converted. Red clover aglycones are hence better absorbed and are available to the body in higher amount. Red clover aglycones are Genistein, Daidzein, Biochanin-A and Formononetin that help in reducing hot flushes, mood swings, anxiety and irritability.

Red clover aglycones are proving to have protective action in decreasing the various symptoms in menopausal women. Due to the various research findings on short term menopausal symptoms and cardiovascular function, bone density, and safety, red clover aglycone supplementation offers a useful alternative for women seeking relief from symptoms of menopause.

Menopause is a natural stage of woman's life. Knowing what to do and how to deal with the help of your doctor will help in making a smooth transition. Thanks to the understanding doctors and innovation in medicine and public health, women are now able to live twice as long as 1000 years ago. It is therefore seen; women take pride in achieving and discovering new zest of life during menopause.

This is available in the market in the form of tablet called 'Menoflav' manufactured by Zydus Nutriva.

## Whey to a Healthy Life

**P**rotein is the 2<sup>nd</sup> most important nutrient next to water needed by everyone on a daily basis. It is made up of essential and non-essential amino acids, which are the 'building blocks' for healthy bodies. Protein helps in repair body cells, build and repair muscles and bones, provide a source of energy, and control many of the important processes in the body related to metabolism.

The average amount of protein required by a normal adult 1g/kg body weight and in normal child below 12 years is 30-41gms. A still higher protein level is required in pregnancy, athletes, and body builders and recovering from surgery or ailments. Since Indian diet is predominantly of carbohydrates and fats, protein takes a second position in the diet. Hence the diet does not satisfy the daily protein requirement.

Currently, there are many protein supplements marketed and recommended by doctors and dieticians to fulfill the gap.

But, not all protein supplements can benefit to the optimum. There are some parameters that identify the ideal protein like, digestibility (How better it is digested?), amino acid content.

Whey protein a co-product of cheese production is easily digested and contains an amino acid profile that meets or exceeds all the essential amino acid requirements set by the FAO/WHO.

Whey protein is rich with branch chain amino acids that help in faster tissue growth. Whey protein helps in building and strengthening the body immune system. Whey protein is neutral in taste hence there is no bitter taste.

Whey protein also helps in reducing the fat content of the body by increasing the fat metabolism rate and increases the lean muscles in the body.

Milk and whey components are multifunctional. Especially whey, possess a natural 'cluster' of nutrients that protect health and enhance the immune system. The wide range of essential and non-essential amino acids, minerals, in whey provides extensive application in our routine diet.

A balance composition of Whey protein is available under the name GRD powder which can be added to milk or water.

# Dr. Rama Vaidya

## A Pioneer with a Passion



**D**r. Rama Ashok Vaidya, one of the country's most well-known and respected reproductive endocrinologist, has been working ceaselessly with a passion and motivation for science. Dr. Vaidya, Founder President of the Indian Menopause Society (IMS) and former President of the All India Association for Advancing Research in Obesity (AIAARO), currently holds the chair of Research Director in Reproductive Medicine at BSES M.G. Hospital (BK) Mumbai and Dean, Kasturba Health Society's Medical & Research Centre.

Dr. Vaidya obtained her MD degree in Obstetrics and Gynecology and her Ph.D. degree in applied biology from Seth G.S. Medical College and K.E.M. Hospital, Mumbai. Dr. Vaidya was awarded Ford Foundation Fellowship for two years in Reproductive Medicine at Yale University School of Medicine where subsequently she served on Faculty of the Ob-Gyn department. She worked with Dr. Nathan Kase, Dr. Robert Glass and Prof. John McLean Morris in U.S.A.

On her return, she joined the Institute for Research in Reproduction, ICMR and initiated the division of clinical Endocrinology and Infertility. Her pioneering work on pituitary-prolactinoma regression by Dopamine-agonist drugs has stood the test of time.

Dr. Vaidya has research background in Reproductive Pharmacology and Reproductive Endocrinology. She is deeply interested in clinical services for patients with reproductive endocrine disorders like Disorders of Growth and pubertal development, Hyperinsulinemia and Hyperandrogenism, Menopausal Health issues etc.

Currently, she is engaged in Medicinal Plant Research with Dr. Ashok Vaidya and other colleagues in ICMR's Advanced Centre of Reverse Pharmacology (Mumbai), where focus is on chronic diseases and age-related degenerative disorders. Through Maitreyi Projects, Dr. Vaidya with other colleagues, is offering comprehensive-multidisciplinary care to women above 40 years. She is principal investigator for the ICMR project on Phytoestrogens in Menopausal Health. She has collaborated with Dr. Vidita Vaidya of TIFR for the effect of Thyroid Hormone on hippocampal neurogenesis in adult rat brain. Recently, Dr. Vaidya has guided and coordinated a multi centric study of thyroid functions and anti thyroid antibodies in early pregnancy in Indian Women.

## विश्व महिला दिवस पर विशेष:

राष्ट्रीय अध्यक्ष इंडियन मेनोपॉज सोसायटी की ओर से - संदेश...

### 40 के बाद: स्वस्थ एवं चुस्त बने रहें

मेनोपॉज कोई रोग नहीं है। यह तो एक अवस्था है जिससे 40 वर्ष की उम्र के बाद हर महिला को गुजरना होता है। इस दौरान व्यवहारगत मानसिक एवं शारीरिक कई बदलाव आते हैं। यदि महिलाओं को इसकी पूरी जानकारी हो तो वे इस अवस्था को सामान्य मानते हुए सुंदर और ऊर्जावान बनी रह सकती हैं। मेनोपॉज की जानकारी दे रही हैं:-

- डॉ. सुनिता खण्डेलवाल

बदलती चिकित्सा व्यवस्था एवं स्वास्थ्य जागरूकता के कारण महिलाओं की दीर्घायु दर में निरंतर बढ़ोत्तरी हुई है। उन्हें एक तिहाई से भी ज्यादा जीवन, रजोनिवृत्ति के पश्चात गुजरना होता है, लेकिन इस उम्र में जीवन गुणवत्ता एवं कार्य क्षमता का स्तर लगातार गिरता पाया जाता है। कारण है- शारीरिक निष्क्रियता, अपंगता, आत्म विश्वास की कमी एवं रक्त में गिरते एस्ट्रोजन की मात्रा व हार्मोन असंतुलन से उत्पन्न शारीरिक व मानसिक विकार।

प्रौढ़ महिला स्वास्थ्य पर विश्व स्तर की शोध रिपोर्टों के आधार पर ज्ञात हुआ है कि हार्ट अटैक (दिल के दौरों), स्तन व जन्नांगों के कैंसर की वजह से मृत्यु दर की अपेक्षा आस्टियोपोरोसिस के घातक परिणामों से मृत्यु दर अधिक पाई गई है। 50 वर्ष के पश्चात हर दूसरी महिला को आस्टियोपोरोसिस रोग होने का खतरा है। इसलिए रजोनिवृत्ति के दौरान व बाद में, विशेष तौर से प्रथम दो वर्षों में प्रौढ़ महिला को अपने स्वास्थ्य के प्रति अधिक जागरूक और शिक्षित होने की आवश्यकता है।

यह बदलाव प्राकृतिक रूप से 40 से 50 वर्ष की आयु में होता है पर अप्राकृतिक रजोनिवृत्ति (सर्जिकल मेनोपॉज) के पश्चात् लक्षण अनुभव अधिक असहनीय व एकाएक प्रकट होते हैं, खासतौर से जिनमें कम उम्र में गर्भाशय के साथ अंडाशय निकाल दिए गए हों। इसके उपरान्त उत्पन्न समस्याओं का प्रबंधन ठीक उसी तरह किया जाता है जैसा कि उच्च रक्तचाप या थाईरॉइड ग्रंथि के कमी का, यानि हार्मोन्स की कमी को नियमित व निश्चित सूक्ष्मतम मात्रा में बाह्य तरीकों से पहुंचाकर, पूरा करना। महिलाओं को मेनोपॉज के बदलाव को सहज लेकर, शेष जीवन पीड़ा रहित बनाए रखने का प्रयास करना चाहिए। आधुनिक चिकित्सा शास्त्र मेनोपॉज के प्रति सजग भी है और आश्वस्त भी। आखिरकार मेनोपॉज प्रजनन क्षमता के अंत का संकेत है फिर भी उतनी देखभाल क्यों नहीं, जितनी प्रजनन के आरम्भ और बाद में होती है?

#### समाधान

**हार्मोन रिप्लेसमेंट थेरेपी (एच.आर.टी.)** कई, दशकों से प्रौढ़ महिला स्वास्थ्य संभाल व मेनोपॉज की समस्याओं के निवारण के लिए एच.आर.टी का उपयोग कारगर सिद्ध होता रहा है। परन्तु नवीनतम विश्व स्तर के शोध परिणामों (वूमन्स हेल्थ इनिशियेटिव, हर्स ट्रायल, मौर स्टडी, नेशनल कैंसर डिक्टेशन प्रोग्राम और विजडम ट्रायल) से कई तथ्य सामने आए हैं। जिनसे इसका महत्व कम होता जा रहा है, भ्रांतियां और जिज्ञासाएं भी फेल रही हैं। निश्चित सूक्ष्मतम मात्रा में नियमित रूप से कुछ समय के लिए, सही तरीके से जैल अथवा क्रीम या गोलियां और चिपकियों के उपयोग से, चिंता रहित मेनोपॉज की लघुकालीन समस्याओं से छुटकारा पाया जा सकता है। साथ ही दूरगामी दुष्प्रभावों से भी बचा जा सकता है। हॉर्मोन्स शुरू करने से पहले संपूर्ण स्वास्थ्य जांच की जाती है। इस थेरेपी को कड़ी निगरानी व डॉक्टर देखरेख में लेना ही सुरक्षित पाया गया है। रिसर्च रिपोर्टों के अनुसार फैंज़िक अर्थात् स्टेप बाई स्टेप विभिन्न प्रकार के विकल्पों का समुचित प्रयोग कर, दीर्घकालीन परेशानियां जैसे ओस्टियोपोरोसिस, हृदयघात, एल्जीमर्स एवं आँतों का कैंसर इत्यादि से भी बचा जा सकता है। स्वास्थ्य संभाल के लिए

40 वर्ष के बाद महिलाओं को कुछ विशेष आधारभूत और बाद में असर पता करने के लिए द्विवार्षिक जांचें करवाना अति आवश्यक है। जिनमें मुख्य है- मेमोग्राफी (स्तन का एक्स-रे), रक्त में कोलेस्ट्रॉल (लिपिड प्रोफाइल), डायबिटीज की जांच (रक्त में शक्कर की जांच), गर्भाशय की सोनोग्राफी पेप स्मीयर टेस्ट (गर्भाशय के मुख की जांच), बोन डेन्सिटोमिट्री- (अस्थि घनत्व की जांच)।

प्रौढ़ावस्था में अपने खान-पान में बदलाव, व्यायाम और चिकित्सक सुविधाओं के प्रति जागरूक रहें। मेनोपॉज विशेषज्ञ की सलाहनुसार एच.आर.टी, अथवा अन्य अस्थिरक्षक व पौषक तत्वों युक्त औषधि का सेवन करें। प्राकृतिक और हर्बल दवाइयों का भी, बिना सम्पूर्ण जानकारी लिए सेवन न करें।

**आहार में परिवर्तन:** बढ़ती उम्र के बाद कुछ पौषक तत्वों का आहार में समावेश एवं अनावश्यक हानिकारक चीजों का निषेध करें। रेषेदार भोजन, अंकुरित अनाज, सोयाबीन, अखरोट, बिना मलाई का दूध दही, अन्य डेयरी व हरी सब्जियां, फल इत्यादि (गाजर, पालक, पपीता, गोभी व टमाटर) उत्पाद प्रचुर मात्रा में लें। आहार में सोयाबीन का उपयोग मेनोपॉज के पश्चात शरीर में नेचुरल फायटोस्ट्रोजन द्वारा शारीरिक व मानसिक स्वास्थ्य के लिए अति उत्तम सिद्ध हुआ है। अधिक शक्कर व नमक का प्रयोग एवं कैफीन युक्त पेय सोडा व वसायुक्त चीजों का सेवन न करें। धूम्रपान व मद्यपान ना करें। इनसे हृदयघात व अस्थिक्षरण की संभावनाएं बढ़ जाती हैं।

**विटामिन एवं मिनरल का समुचित उपयोग:-** वे महिलाएं जो एच.आर.टी. का उपयोग नहीं कर रही या नहीं करना चाहती हैं या नहीं खरीद पाती हैं उन्हें प्रतिदिन 1500 मिलीग्राम कैल्शियम और पर्याप्त मात्रा में विटामिन लेना चाहिए। ध्यान रहे कैल्शियम के पूर्ण अवशोषण के लिए शक्कर व सोडा आदि का उपयोग कम करें। कैल्शियम की गोलियां भी डाक्टर की सलाहनुसार लें। हड्डियों के घनत्व की जांच करवाकर महिलाएं जान सकती हैं कि उनकी हड्डियां साधारण अथवा सामान्य स्थिति में हैं या ओस्टियोपोरोसिस से ग्रसित हो रही हैं, और अगर हैं तो नैदानिक हैं अथवा नहीं। विटामिन ए, सी ई मिश्रित टॉनिक एंटीऑक्सीडेंट के नाम से काफी प्रचलित है जो कि रोग प्रतिरोधक क्षमता बढ़ाने के साथ ही कोशिकाओं को असमय मरने से बचाते हैं। साथ ही अच्छे व बुरे कॉलेस्ट्रॉल का अनुपात बनाए रखने में सहायक पाए गए हैं। अतः उपरोक्त विटामिन्स के प्रयोग से बढ़ती उम्र में हृदय घात के खतरों से भी बचा जा सकता है।

**मोटापे से बचें:** मोटापे को मेनोपॉज से ना जोड़े। वास्तविकता तो यह है कि शारीरिक निष्क्रियता, असंतुलित चर्बी युक्त आहार ही मोटापे का एकमात्र कारण होता है। ऑपरेशन के बाद यानि, सर्जिकल मेनोपॉज के उपरान्त ये समस्या ज्यादा होती है इसलिए नियमित व्यायाम एवं सामान्य दिनचर्या से वजन को बढ़ने से रोकें।

**नियमित व्यायाम:** तेज गति से लयबद्ध, बिना रुके 20-25 मिनट की सैर, सीढ़ियां चढ़ना, हल्की एरोबिक्स, स्वीमिंग इत्यादि हड्डियों की मजबूती व हृदयघात से बचाव एवं मानसिक स्वास्थ्य के लिए अत्यन्त लाभदायक है। आजकल बाजार में व्यायाम हेतु साइकिल, ट्रेडमिल, कंपन पट्टी और अन्य

निम्न प्रश्नावली के आधार पर 40 वर्ष की आयु के पश्चात रजोनिवृत्ति से जुड़ी कुछ समस्याएं जिन्हें आप स्वयं अनुभव करती हैं, अंकित करें और सम्पूर्ण स्वास्थ्य जांच करवाएं। प्रत्येक वर्ग समूह में अंकित समस्याओं से अगर आप एक या दो परेशानियों से भी पीड़ित हैं, तो निश्चय ही मेनोपॉज विशेषज्ञ या सम्बन्धित चिकित्सक की सलाह लें।

## प्रौढ़ महिला स्वास्थ्य प्रश्नावली

- |   |  |
|---|--|
| <input type="checkbox"/> मासिक धर्म बन्द होना       | <input type="checkbox"/> सम्भोग में दर्द व अनिच्छा           |
| <input type="checkbox"/> मासिक धर्म में अनियमितता   | <input type="checkbox"/> सूखापन व खुजली                      |
| <input type="checkbox"/> मासिक धर्म से पहले भारीपन  | <input type="checkbox"/> पेशाब जल्दी-जल्दी आना               |
| <input type="checkbox"/> गर्मी के बफारे आने         | <input type="checkbox"/> पेशाब में नियंत्रण नहीं होना        |
| <input type="checkbox"/> रात को पसीने में नहाना     | <input type="checkbox"/> स्तन का भारी होना या दर्द होना      |
| <input type="checkbox"/> हाथ पाँव का ठण्डा हो जाना  | <input type="checkbox"/> त्वचा का सूखापन                     |
| <input type="checkbox"/> थकावट व कार्यशक्ति में कमी | <input type="checkbox"/> जल्दी नील पड़ जाना                  |
| <input type="checkbox"/> घबराहट व चक्कर आना         | <input type="checkbox"/> शरीर में सनसनाहट                    |
| <input type="checkbox"/> अचानक धड़कन तेज होना       | <input type="checkbox"/> मुँह का सूखापन व स्वाद बदल जाना     |
| <input type="checkbox"/> दम घुटना व कमजोरी          | <input type="checkbox"/> अक्सर कब्जी या दस्त होना            |
| <input type="checkbox"/> मानसिक अवसाद व निराशा      | <input type="checkbox"/> नेत्र दृष्टि कम होना                |
| <input type="checkbox"/> स्मरण शक्ति में कमी        | <input type="checkbox"/> जल्दी जाला पड़ना                    |
| <input type="checkbox"/> ध्यान न लगना               | <input type="checkbox"/> आंखों में सूखापन                    |
| <input type="checkbox"/> सरदर्द                     | <input type="checkbox"/> मसूड़े फूलना व दांतों का कमजोर होना |
| <input type="checkbox"/> नींद कम आना/जल्दी जगना     | <input type="checkbox"/> बाल झड़ना                           |
| <input type="checkbox"/> भूख कम लगना                | <input type="checkbox"/> कमर, पीठ एडियों में दर्द            |
| <input type="checkbox"/> भूख सहन न होना             | <input type="checkbox"/> कूबड़पन व लम्बाई में कमी            |
| <input type="checkbox"/> वजन बढ़ना                  | <input type="checkbox"/> जोड़ों में सूजन                     |
|   | <input type="checkbox"/> जोड़ों व मांसपेशियों में दर्द       |
|   | <input type="checkbox"/> हल्की चोट से फ्रैक्चर हो जाना       |

❖ अन्य समस्याएं? हाँ/नहीं अगर हाँ तो बताएं:-

❖ समस्याओं के समाधान हेतु अभी तक आप क्या उपचार ले रही हैं? अंकित करें।

- |                               |                      |       |
|-------------------------------|----------------------|-------|
| • हारमोन थेरेपी<br>(एच.आर.टी) | • आयुर्वेदिक औषधि    | • योग |
| • होम्योपैथी                  | • व्यायाम            |       |
| • विटामिन व कैल्शियम          | • एक्युप्रेसर पद्धति |       |
|                               | • आहार में परिवर्तन  |       |

अन्य उपकरण भी उपलब्ध है। व्यायाम एवं योगासन तनाव दूर कर प्रत्येक कोशिका को जीवंत रखते हैं।

**दिनचर्या एवं कार्यशैली में बदलाव:** अपने को चुस्त एवं दुरस्त बनाए रखने के लिए अपने लिए कुछ समय अवश्य निकालें। सकारात्मक सोच का सही तरीका अपनाएं। दैनिक कार्यकलापों में ऐसी परिस्थिति नहीं आने देनी चाहिए, जिससे फ्रैक्चर का खतरा हो। फव्वारा स्नान एवं हल्के रंग के सूती कपड़ों का पहनावा शरीर को ताजगी प्रदान करता है। कुछ नए शौक अपनाएं जैसे बागवानी, धार्मिक एवं स्वास्थ्य संबंधी किताबें पढ़ना, सामाजिक कार्य में योगदान आदि। इनसे अपने शरीर ही नहीं वरन् दिमाग को भी शांत एवं तरोताजा रखने का प्रयास करें।

**ध्यान रहें:** ऑस्टियोपोरोसिस (अस्थियों का गुप्त शत्रु) के परिणाम घातक हैं। बचाव जरूरी है। महिलाओं में रजोनिवृत्ति के पश्चात दो वर्षों में अत्यधिक अस्थिक्षरण होता है। इससे पहले कि आप सम्पूर्ण रूप से अपंग या पराधीन हो जाएं, बचाव के सभी उपाय अपनाकर हड्डियों को कमजोर होने से बचाएं। अतः बढ़ती उम्र में अस्थि घनत्व में कमी आने से पहले ही, पर्याप्त कैल्शियम एवं एस्ट्रोजन प्रतिपूरक थेरेपी (एच.आर.टी.) शुरू करने में ही लाभ है। यह शोध रिपोर्टों के निष्कर्ष के अनुसार ज्यादा कारगर सिद्ध हुई है।

पूर्ण स्थापित ऑस्टियोपोरोसिस पर दवाइयों का बहुत कम असर होता है।

व्यापारिक दृष्टि से बाजार में आई अंधाधुंध दवाइयों का सेवन स्वयं ना करें। मात्र दवाइयों के सेवन से पुनः सामान्य स्थिति में नहीं पहुंचा जा सकता है। सिर्फ कुछ सीमा तक भविष्य में फ्रैक्चर के खतरों से बचा जा सकता है।

बचाव योग्य कारणों पर ध्यान दें व नियमित रूप से व्यायाम व पौष्टिक आहार से शरीर को सक्रिय व आत्मनिर्भर बनाए रखें। प्रौढ़ावस्था की अपनी गरिमा है, कोई भी महिला चाहे व गृहिणी या कामकाजी हो, अच्छे परामर्श, चिकित्सा एवं जागरूकता द्वारा अपने को स्वस्थ, सुंदर और उत्साहवर्धक रख सकती है। जीवन के इस कगार पर जब ज्यादातर जिम्मेदारियों से आप मुक्त हो गई हो तब जीवन को सृजनात्मक कार्यों में लगाकर जिंदगी को बेहतर बनाएं।

इस पत्रिका का मुख्य उद्देश्य है प्रौढ़ महिलाओं को सही दिशा निर्देश देकर प्रोत्साहित करना। जीवन में इस शारीरिक बदलाव को सहज लेकर अपने यौवन एवं नारीत्व को बनाये रख एक सुखद वैवाहिक जीवन व्यतीत करने का प्रयास करें।

**लेखिका-डॉ. सुनिता खण्डेलवाल**

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# Bapsi Nariman



**H**er alluring aura and invincible charm make it impossible for anyone to judge her age. Bapsi Nariman, the celebrated social worker and writer/author of cookbooks is in her late 70s, but you wouldn't be able to take a wild guess at that, seeing her high levels of energy and never-say-die spirit.

Born to Parsi parents in Mumbai, Bapsi got married to the renowned jurist and lawyer Fali S Nariman in 1955. Her upbringing instilled in her the great skill of communication and the ability to reach out to people. She was meant to become famous in her social circle as she took active interest in social welfare and worked for various women welfare organizations. Bapsi particularly cherishes her work experience with Mother Teresa.

Even today, she likes to visit the Blind School regularly and spend some quality time there.

According to Bapsi, her biggest strength is her family's support. "Everyone in the family, my husband, son and daughter have always encouraged me to work for the welfare of the society. It's their support that keeps me going even today," she says with a smile.

"My husband's encouragement has been tremendous," she says with an added emphasis.

Besides her social work, Bapsi manages to take out time to write books on cookery and housekeeping. She loves party cooking and used to give lectures on good housekeeping, table etiquettes etc. Her stress busters? "Playing bridge, playing piano, watching news on TV and going to Delhi Gymkhana Club," she tells us, adding, "Before marriage, I loved singing western music and scan painting."

She attributes her unrelenting energy to her act of balancing her work and family life. "I always plan my schedule keeping my family's interest in mind," she says. Her mantra, she says, has always been flexible working. "I have always had time for everyone," she says.

Bapsi keeps herself fit by following a healthy diet, low on spices and calories and going for regular walks. She loves eating grilled food. "Be happy and relaxed, always. Eat good food and drink lots of liquids. I suggest everyone should go for morning and evening walks," she signs off.

## GOSHT NA FRILLY CUTLESS (Minced Mutton Frill Cutlets)

This is a famous and delicious Parsi dish and looks very tempting when served.

### Ingredients

500 gms minced mutton  
 2 large slices of bread soaked in water  
 1/2 piece ginger  
 6 cloves garlic ground to a paste  
 1/2 tsp cummin seed 1 small onion  
 2 green chillies finely chopped  
 1 tbsp coriander leaves  
 6 mint leaves  
 1 chopped and fried onion  
 1/4 tsp turmeric powder  
 1 tbsp Worcestershire sauce  
 1 tsp lime juice  
 Salt  
 Dry breadcrumbs 6 beaten eggs  
 Oil or ghee for deep frying  
 Serve with Tomato gravy

### Method:

Squeeze out the water from the slices of bread and mix them together with all the above ingredients except the breadcrumbs and eggs. Make flund or oblong cutlets. Press in breadcrumbs. Mix 2 tbsp of water with the eggs and dip each cutlet in the egg mixture and deep fry in hot oil (to form frills) whilst each cutlet is frying, sprinkle some egg on top of the cutlet, turn over and sprinkle egg again and further cook for a minute or two. Serve immediately with tomato gravy.

Note: Ingredients to makes 8 cutlets.



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