
SIDE EFFECTS OF SURGICAL MENOPAUSE ON WOMEN IN INDIAN SOCIETY

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Abstract:

Menopause is a natural as well as physiological process comes in every woman's life. Age wise variations about menopause are occur which may natural as an individual. Some times because of some medical issues early menopause was also comes. Naturally the age of menopause is in between 40 to 50 years of life. In today's life style with the advancement of various amenities are much easier than past time. With this advancement and busy life style many women neglect their health and fitness related matters. In day-to-day life women have no time for personal and health care. Because of some emergencies women face surgeries and invites early or surgical menopause. This article shows the abnormalities, emotional, psychological and physical issues facing by women in their menopausal period.

Key Words: Menopause, surgical menopause, ageing, abnormalities, problems.

Introduction:

The continuum of an individual's life can be divided into several life stages with certain features, representative of each stage. Biologically, life stages of a typical woman are divided into infancy, puberty, sexual maturation, menopausal period, and post-menopausal (elderly) years. Some stages include instabilities in the hormonal setting as well as the life events precise to women, specifically pregnancy and delivery. Hormones interact with each other and control ovulatory cycles within the short-spanned temporal coalition of menstrual cycles, and it is not unusual for such hormonal changes to induce certain signs and symptoms associated with menstruation. Clinicians are already well knowledgeable of medical circumstances that are common in women and provide different diagnosis and line of treatment, always bearing in mind the gender difference in the frequency and pattern of diseases.

Menopause is a stage in life when a woman stops having her monthly period. It is a normal part of aging and marks the end of a woman's reproductive years. Menopause typically occurs in a woman's late 40s to early 50s. However, women who have their ovaries surgically removed undergo "sudden" menopause. Natural menopause is the permanent ending of menstruation that is not brought on by any type of medical treatment. For women undergoing natural menopause, the process is gradual. Menopause is the point when a woman no longer has menstrual periods. At this stage, the ovaries have stopped releasing eggs and producing

most of their estragon. Menopause is diagnosed when a woman has gone without a period for 12 consecutive months.

Importance of the study:

Present study is helpful to aware women about menopausal situation and the care and concern in the situation. Also help to aware the situations of surgical menopause.

Objectives of study:

1. To study the various problems, occur after surgical menopause.
2. To understand the situations of women in the period of menopause.
3. To gain knowledge about surgical menopause.

Hypothesis of the study are as follow:

1. Women face severe emotional and psychological problems due to sudden surgical menopause.

Menopause :

When a woman permanently stops having menstrual periods, she has reached the stage of life called menopause. Often called the change of life, this stage signals the end of a woman's ability to have children. Many healthcare providers actually use the term menopause to refer to the period of time when a woman's hormone levels start to change. Menopause is said to be complete when menstrual periods have ceased for one continuous year.

The menopausal transition affects each woman uniquely and in various ways. The body begins to use energy differently, fat cells change, and women may gain weight more easily. You may experience changes in your bone or heart health, your body shape and composition, or your physical function

The time of life when a woman's ovaries stop producing hormones and menstrual periods stop. Natural menopause usually occurs around age 50. A woman is said to be in menopause when she hasn't had a period for 12 months in a row. Symptoms of menopause include hot flashes, mood swings, night sweats, vaginal dryness, trouble concentrating, and infertility

Premature menopause :

Women who experience premature menopause either due to biological or induced reasons have a longer duration of exposure to severe symptoms and adverse health consequences when compared to those who undergo menopause at later age. Despite the fact that premature menopause has a profound effect on the health of women. Early menopause can happen naturally if a women's ovaries stop making normal levels of certain hormones, particularly the hormone oestrogen. This is sometimes called pre mature ovarian failure, or primary ovarian insufficiency. Because of excessive stress, which leads to elevation of stress hormones, can also negatively affect reproductive ability, including by accelerating

menopause.

Surgical menopause:

Surgical menopause may follow the removal of one or both ovaries, or radiation of the pelvis, including the ovaries, in premenopausal women. This results in a sudden menopause. These women often have more severe menopausal symptoms than if they were to have menopause naturally. A stop in a woman's menstrual periods that is caused by surgery to remove her ovaries. Symptoms of menopause include hot flashes, mood swings, night sweats, vaginal dryness, trouble concentrating, and infertility.

Various types of surgery can affect the female reproductive organs. These surgeries include the removal of the uterus, fallopian tubes, cervix, and one or both ovaries. Surgical menopause can occur after undergoing bilateral oophorectomy. This is a procedure in which a surgeon removes both ovaries. They may also remove the uterus, the fallopian tubes, the cervix, or a combination of these, depending on the reason for the procedure.

The most common symptoms of surgical menopause are hot flashes, night sweats, and vaginal dryness. Lack of estragon can result in decreased bone density and increase your risk of developing osteoporosis. Fractures are also more common.

Side-Effects of Surgical Menopause:

Osteoporosis :

Surgical menopause can affect hot flashes and mood changes, and can increase the rate at which a woman loses bone and may develop osteoporosis. Menopause significantly speeds bone loss and increases the risk of Osteoporosis.

Loss of bone density: with the beginning of menopause entails numerous changes, both physical, and mental, in the functioning of the bodies of women. Major factors contributing to health deficits include lowered bone mineral density and sarcopenia.

Low Libido: With a loss of ovarian testosterone, you may experience a drop in libido. Decreased libido is a reduction in sex drive. It includes possible causes like such as depression, anxiety or relationship problems, drugs and low blood levels of testosterone. Most of time, it is a temporary condition. Many of these factors can be treated with lifestyle changes, through counselling, and sometimes the help of a doctor.

Vaginal dryness: Vaginal dryness can make intercourse painful and sometimes painful, leading to a lack of interest in sex.

Infertility: The removal of your ovaries with surgical menopause will mean a loss of fertility, which may impact your emotional and mental health.

Heart Diseases: Estragon plays an important role in the vitality of your tissues. Low levels of this hormone can affect your cardiovascular system and make you more susceptible to heart disease.

Surgical menopause can affect hot flashes and mood swings, and can increase the rate at which a woman loses bone and may develop osteoporosis. There's a concern that younger women who go into menopause might be at an increased risk of heart disease later in life. It could also affect cognitive function.

The effects of surgical menopause will be similar to those of natural menopause, but they may be more acute. This is because the hormonal changes will happen suddenly rather than over several years. The changes will generally start as soon as the procedure is over.

Good effects :

There are many reasons why your doctor might recommend an oophorectomy or hysterectomy, including if you have a greater risk of developing certain cancers.

If you experience heavy and painful periods, particularly in the presence of fibroids, you could benefit from surgically induced menopause. Doctors often recommend a full hysterectomy in this case, along with a bilateral oophorectomy to remove your ovaries. One of the positive effects of surgical menopause can be relief from the painful symptoms of heavy periods and fibroids.

Another positive effect of surgical menopause is a reduced risk of developing ovarian cancer. If you have a family history of ovarian cancer or are predisposed to this disease, your doctor may recommend surgical menopause. Some people who undergo this surgery find it helps relieve the anxiety of constantly worrying about ovarian cancer. Researchers have also found that surgical menopause has helped to reduce the risk of breast cancer.

Surgical menopause can bring relief to some people, particularly those who experience the pelvic pain of endometriosis. This condition causes the uterine lining (endometrium) to grow in places where it shouldn't, such as in the ovaries and fallopian tubes, causing intense pain during menstruation. While surgical menopause has been shown to help some people with endometriosis, its effectiveness varies from individual to individual, and it may not be right for everyone.

Conclusion:

Surgical menopause leads to unexpected deterioration in estrogen production. Vasomotor symptoms like hot flashes, night sweats and sleep disturbances were the most common menopausal symptoms. These symptoms were more prevalent in the early menopausal age group (40-45 years). Gynec symptoms like dyspareunia, vaginal dryness and urinary incontinence, and locomotor symptoms like backache and joint pain were also common, mainly in the late menopausal age group. Surgical menopause causes a variety of stressful menopausal symptoms which impairs the day-to-day life of the females. These problems should be addressed properly and appropriate treatment should be given. There should not be any hesitancy in starting estrogen replacement therapy in these patients if indicated. As a precautionary aspect, signals for removal of ovaries during hysterectomy for benign conditions should be thoroughly reviewed. Risk versus benefit of removing ovaries for benign conditions should be measured. Only in those patients with proper benefits, ovaries

should be removed at the time of hysterectomy

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