

“Menopause and Midlife Crisis”

Deaf Health Talks
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Supporters

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Overview

- What is menopause?
- What are common symptoms of menopause?
- Is midlife crisis a real thing?
- What are testosterone and estrogen?
- How can we stay healthy when our testosterone and estrogen decrease?



What is menopause?

- Occurs when no menses (period) happens for 1 year
- Occurs when the ovaries stop producing eggs
- Fertility stops (not able to become pregnant)
- Estrogen (female hormone) level goes down



What is the average age when menopause starts in America?

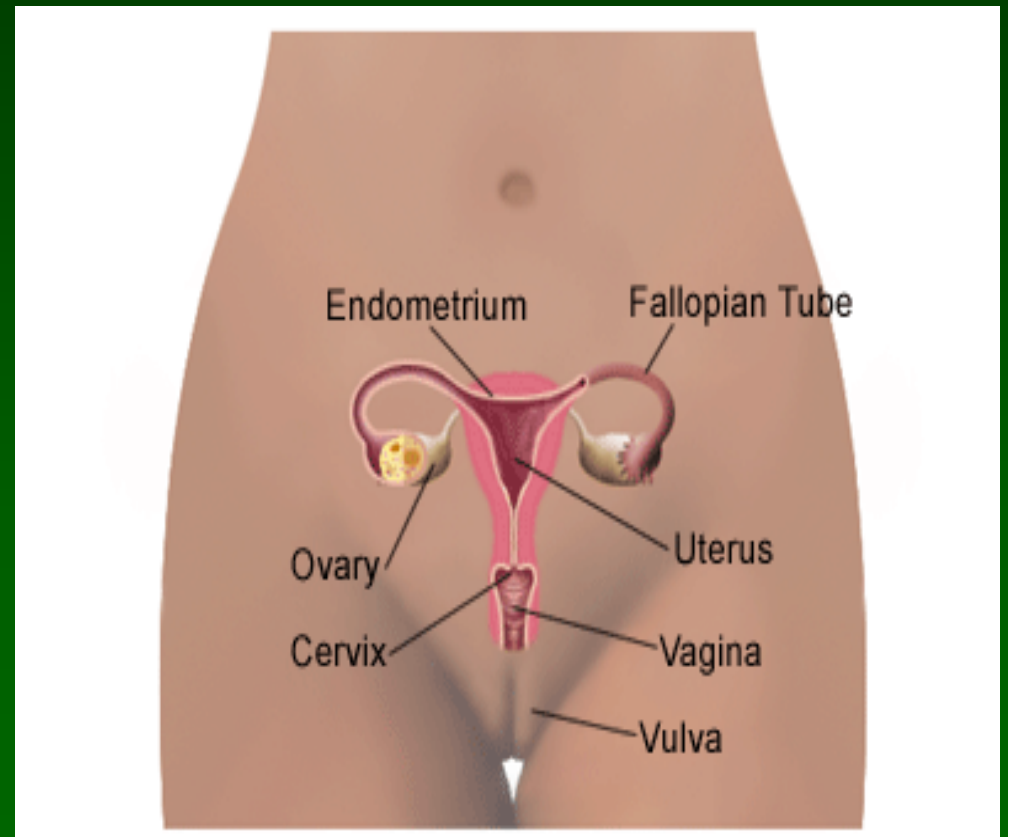
- 51 years old



Anatomy of the Female Organs

■ Ovaries makes estrogen and distribute eggs

*Estrogens are female hormones



Picture: http://www.google.com/imgres?imgurl=http://www.reshealth.org/images/greystone/em_0351.gif



What are common symptoms of menopause?

- Periods become irregular then stop
- Fertility (ability to become pregnant) stops
- Vagina becomes dry
- Hot flashes
- Unable to sleep
- Mood changes
- Increased abdominal fat
- Thinning hair
- Loss of breast fullness



Perimenopause

- Period that leads to menopause
 - ◆ Still have irregular periods
 - ◆ Still can get pregnant but not easy
 - ◆ Menopausal symptoms still occur
 - ◆ Hormones including estrogen fluctuate
- Usually last 4-5 years before periods completely stop and menopause begins



Menopause means what to my health?

- Body estrogen levels decrease leading to:
 - ◆ Increased risk for heart attack and stroke
 - ◆ Bones become weaker (osteoporosis)
 - ◆ You may accidentally leak urine from bladder (incontinence)
 - ◆ Weight gain



Menopausal Weight Gain

- Women on average eat about 1800 calories daily
 - ◆ Menopause may decrease “metabolism rate”
- *To avoid weight gain, a women should eat 200-400 less calories every day!



Subway 6" Steak and Cheese Sandwich~ 400 calories



Picture: <http://www.roadfood.com/Forums/Subway39s-Philly-Cheesesteak-m435380.aspx>



So what should I do to protect my health?

- What to do to protect against:
 - ◆ Increased risk for heart attack and stroke
 - ◆ Weight gain
- Increase exercise
- Avoid smoking
- Reduce high blood pressure
- Eat a healthy diet



So what should I do to protect my health?

- What to do to protect against:
 - ◆ Bones become weaker (osteoporosis)
- Increase calcium intake (1200-1500 mg daily)
- Increase Vitamin D intake (1000-2000 IU daily)
- Increase exercise (weight bearing)
- Bisphosphonates (Actonel, Fosamax, Boniva)- help reduce bone loss for those at high risk



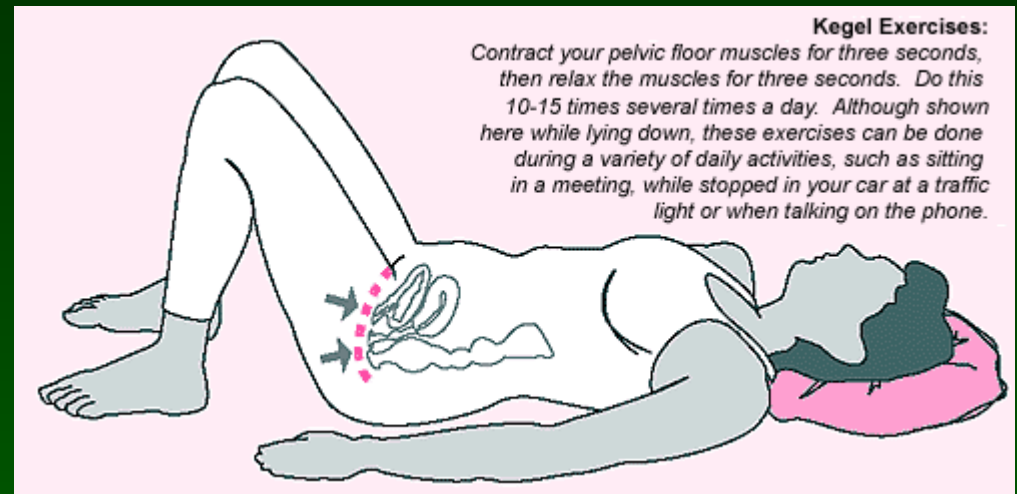
So what should I do to protect my health?

- What to do to protect against:

- Leaking urine from bladder (incontinence)

 - ◆ Kegel exercises may help

 - ◆ Strengthen pelvic muscles



Do I need to be tested?

- For women younger than age 40, with no periods after 3 months
 - ◆ The doctor may want to evaluate the following:
 - ◆ Estrogen level (estradiol)- ↓
 - ◆ Follicle stimulating hormone (FSH)- ↑
 - ◆ Thyroid (TSH)



Treatments for Menopause

- Most women do not need anything
- If menopause symptoms are severe (very bad) then can consider these treatments:
 - ◆ Hormone replacement therapy
 - ◆ Works the best!
 - ◆ May be risky for heart and cancer reasons
 - ◆ Use smallest effective dose possible
 - ◆ Different ways of giving this to person (pill, cream, patch)



Other Treatments for Hot Flashes

- ◆ Antidepressants (Effexor, Prozac, Paxil, Celexa and Zoloft)
- ◆ Gabapentin (Neurontin)- a seizure medication
- ◆ Clonidine (Catapres)- a high blood pressure medication

- ◆ Remember every medication has possible side effects!
Talk with your doctor about what may be best for you.
- ◆ May require to try different types of medications to see which works best for you!



Home Treatments

- Cool hot flashes by staying cool
- Walk regularly
- Avoid possible triggers such as hot beverages, spicy foods, alcohol and hot weather
- Do stress relaxation techniques such as yoga or deep breathing Relaxation techniques

For Vaginal Dryness → Use water-based vaginal lubricants to help with vaginal dryness (Astroglide or KY Jelly)



Alternative Treatments

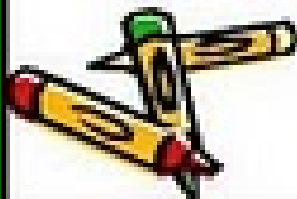
- Phytoestrogens- these are found in soybeans, chickpeas, beans, flaxseed
- Black cohosh- herb that may help reduce some hot flashes (used in Europe)



Midlife Crisis

Check List for Mid Life Crisis...

- Are you spending more time in the bath room, checking for white hair? Yes No
- Are you thinking of doing a bungee jump? Yes No
- If you're a guy, are you thinking of getting a Harley Davidson or a Wild Hog? Yes No
- Are you brushing & flossing your teeth more dilligently now? Yes No
- Are you spending more money on vitamins & supplements? Yes No
- Are you seriously thinking of getting a tattoo? Yes No



Midlife Crisis



- Not an official diagnosis
- Occurs for both men and women
- Usually occurs after a life changing event
 - ◆ Children leave home
 - ◆ Become older (become 40 or 50)
 - ◆ Parent dies
 - ◆ Loss of job



Picture 1: theroadlesstaken.net, Picture 2: blogcatalog.com



Midlife Crisis Common?

- How many people have midlife crisis in America?
 - ◆ 10%
 - ◆ Many parts of the world midlife crisis is unheard of. May be due to greater respect for older people there (opposite of focus on youth culture)



Men: Midlife Crisis or ?

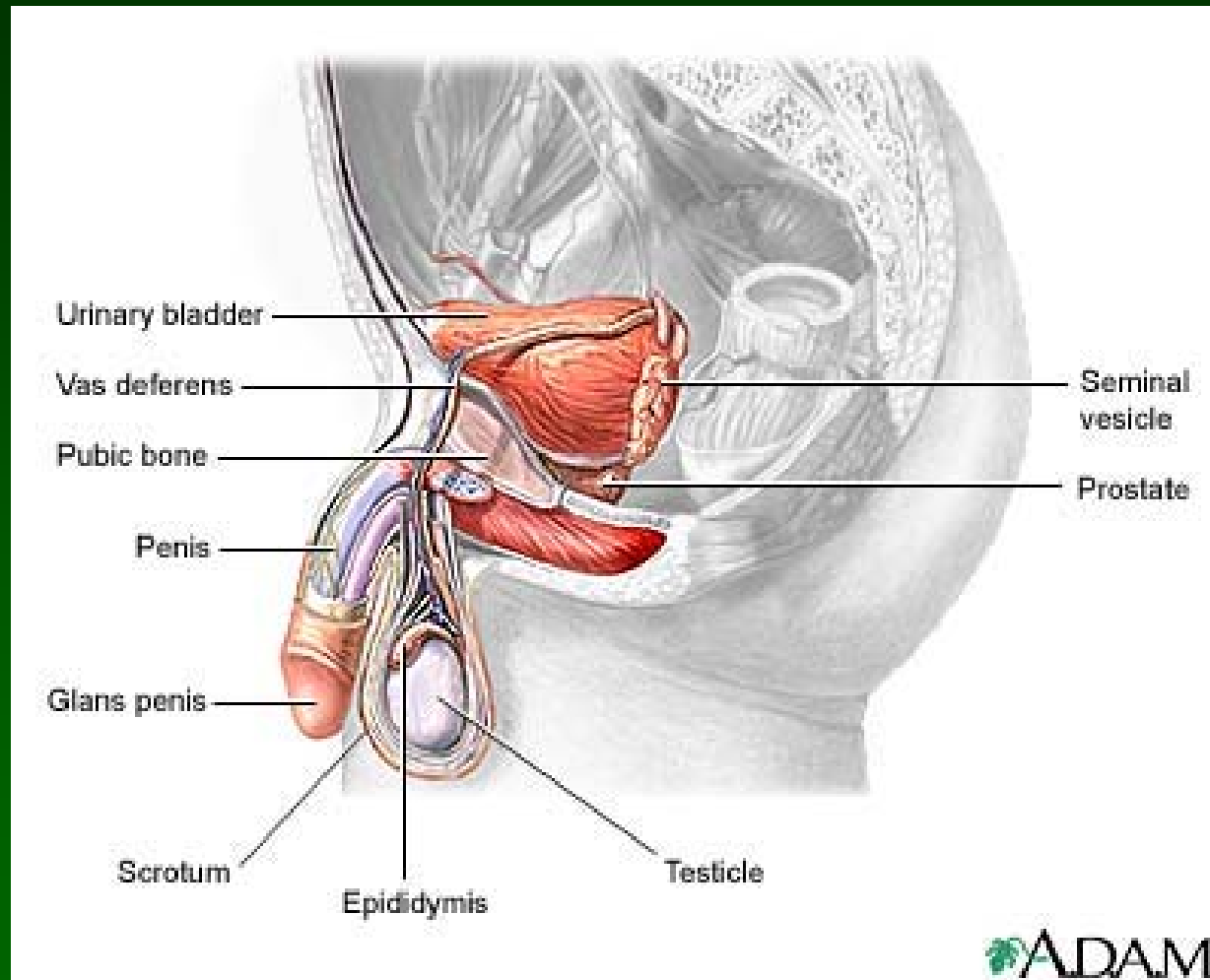
- Consider depression
 - ◆ Major life events and aging may make a person at risk for depression
- Low Testosterone
 - ◆ May also appear to have low energy or even depression



*http://www.thyroid.org/patients/faqs/iodine_deficiency.html



Male Anatomy



Low Testosterone

- Testosterone naturally declines after age 40 years old
- Decline is usually 1-2% per year
- Can be checked by blood work



Symptoms of Low Testosterone

- Low energy or tired
- Low interest in sex
- Unable to have erections
- Weight gain

If you have low testosterone levels, your doctor may provide testosterone replacement



Can obesity cause low testosterone?

- Yes! Fat cells make estrogen. This can affect ability to make testosterone.
- Weight Loss is Key to Staying Healthy and Keeping your Testosterone Levels at a Good Level!



Questions???

- Thank you!
- Next Deaf Health Talk in January 2010
- Possible topic: Physical Therapy
- Rochester Recreation Club for the Deaf



References

- Mayo Clinic

<http://www.mayoclinic.com/health/menopause/DS00119>

- <http://www.medscape.com/viewarticle/531722>

