

Baritz Wellness Center, P.C.

450 Pleasant Street, Brockton, MA 02301 • 508 583-2565 • www.baritzchiro.com

Menopause, Introduction

01/09/11

Menopause is a period of waning ovarian function culminating in the permanent cessation of menstruation, which marks the end of a women's reproductive years. Menopause usually begins between the ages of 45 and 55 with changes in the women's menstrual cycle; bleeding may become heavier or lighter and periods may become irregular or suddenly cease. Menopause is a normal phenomenon and should be fairly asymptomatic. Less than one-third of women experiencing menopause have symptoms sufficiently distressing to seek aid.

Causes of Symptoms

As hormone production by the ovaries declines the adrenal glands increase production of hormone precursors and supply the necessary hormones for a smooth transition through menopause. However if the adrenal glands are already fatigued (due to too much stress) they are not able to keep up with the body's need for hormones and symptoms occur.

In response to reduced estrogen levels the pituitary may increase FSH and LH. Increased FSH can cause irregular cycles and irregular ovulation. This may also result in lowered testosterone levels which can drop libido.

The sympathetic nervous system is that part of the autonomic nervous system characterized by the "fight or flight" reaction. It causes blood to flow away from the digestive system and to the muscles. Ovarian hormones limit and control the sympathetic nervous system, when this control is weakened blood can rush to the periphery causing hot flashes and night sweats.

Symptoms

Hot flashes	Depression	Dry skin, eyes & vaginal canal
Night sweats	Anxiety	Decreased libido
Fatigue	Decreased skin elasticity & tone	Memory loss
Headaches	Heart palpitations	Constipation &/or diarrhea
Irritability	Rapid heart beat	Aches and pains
Sleep disruption	Recurrent urinary tract infections	Cold hands & feet
Poor concentration	Recurrent vaginal infections	

Strategy

Old thinking: suppress symptoms, suppress change, prolong change and delay evolution.

New thinking: support & encourage change, address any shock resulting from change, complete processes, accelerate evolution.

Aims of treatment (new thinking)

1. Assist the body adjust to the new hormone environment
2. Assist the emotional transition
3. Alleviate the symptoms of estrogen withdrawal
4. Support adrenal function

To have a custom program created for you or for a free consult call 508 583-2565