

Menopause

Menopause usually occurs at or after 45 years of age, but the incidence can stretch to anywhere between 40 and 55. It is often preceded by gradual reduction and/or irregularity of the menstrual flow.

Most women have no symptoms at this stage. However, some may develop symptoms like excessive heat in the body, burning sensation on face, hands and other parts of the body, as well as excessive sweating even in the cold weather. Some may feel chills others may develop symptoms of depression i.e. palpitation, dizziness, headache, irritability, reduced sex desire, sadness, crying, and painful intercourse. All the above symptoms can be removed with proper psychiatric treatment and hormone replacement.

Men do not go through a period of life similar to menopause in women. They may get depressed and irritable if they retire completely from work and do not have alternate activities to occupy themselves. Physical diseases of old age may also cause problems. However, there is no stoppage of the production of sperms although the quantity may decrease. Testosterone blood levels are also normal in most. Thus, barring a specific sexual disorder, the man continues to function sexually as long as he lives.

