

Changes in the Women's Body During the Climate Period

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Annotation: The period of climacteric syndrome is a physiological process in women from 40 to 65-70 years, the period of invalidity in the reproductive period is dominated by estrogen deficiency in women. This article is about changes in the female body during menopause.

Key words: estrogen deficiency, reproductive period, vasomotor changes, "unexpected pregnancy", mood swings, osteoporosis, Alzheimer's disease, sleep disorders.

Introduction

Klimikas - "climacteric" is derived from itself and means "stairs" in Greek. This period can be considered as a step that separates old age and youth. Due to the changes taking place in her body, a woman at this time is sometimes depressed, sometimes cheerful, sometimes irritated, and sometimes indifferent to others. Usually after the age of 40, a woman begins to feel a little uncomfortable. He gets nervous, gets tired quickly, suffers from insomnia. Menstruation, on the other hand, is "delayed" for months, sometimes frequent, very painful, and long.

literature analysis and methodology

Usually after the age of 40, a woman begins to feel a little uncomfortable. He gets nervous, gets tired quickly, suffers from insomnia. Menstrual days are "delayed" for several months, sometimes frequent, very painful and long. All of these are signs that the menopause is approaching.

When does menopause begin?

The age at which menopause begins depends largely on heredity. At the age of the mother, this period can begin at the same age as the daughter. Menopause can also occur early in women who have been severely or prolonged stressed, who have undergone gynecological surgery (ovarian removal, chemotherapy), or who have suffered from various infectious diseases during puberty and who smoke.

Results

Menopause begins easily in women of average age (after the age of 40). Early menopause is painful and long. And the late start is good for the woman: the amount of estrogen in the body does not fall. This protects the heart and blood vessels. However, late menopause increases a woman's risk of breast or ovarian cancer. Therefore, women should be examined by a gynecologist once a year for a mammogram.

It doesn't matter how many times a woman gets pregnant or how old she gives birth during menopause! "Unexpected" pregnancy ?!

During menopause, the amount of hormones in the blood begins to change. After the age of 40, the body's production of corpus luteum - progesterone - decreases. By the age of 45, the production of the hormone estrogen by the ovaries also decreases. In women, menstruation is disrupted and then stops altogether. It is during this period that a woman's ability to conceive is lost. However, sometimes the hormonal background is activated, which can lead to pregnancy. Sometimes it causes "unexpected" pregnancies in women between the ages of 45 and 50.

Symptoms of menopause

There are three types of symptoms in women during menopause.

First characters:

overheating;

excessive sweating;

mood swings;
sleep disorders.
Medium characters:
urinary problems;
dehydration of internal organs;
sexual problems.
Evening problems:
vascular diseases;
metabolic disorders;
osteoporosis;
degenerative diseases of the central nervous system (e.g., Alzheimer's disease).

Discussion

Lifestyle disorders occur in 35-70% of women, vasoconstrictive symptoms occur in 67-75%, and in 80% of women, fever is observed for 1 year. It affects one in three women mentally or physically. Suddenly, the woman, embarrassed by the heat and blush, began to hesitate to join the crowd, nervous about her condition. Her mood sometimes goes down and sometimes goes up. She looks at her normal life with concern. Fifty percent of women complain of fever, excessive sweating, palpitations, nervousness, and sleep disturbances during menopause.

The cause of fever and sweating is due to disturbances in the regulation of vascular tone and body temperature due to changes in hormonal balance. Overheating can occur up to 30 times a day, and most occur at night, leading to sleep disorders. As a result of chronic sleep disorders, insomnia becomes a disease, and nervousness becomes a concern, and the woman gradually begins to become weak. To reduce the number of sweats, it is necessary to reduce the consumption of hot liquids (especially coffee) and avoid excessive nervousness. Exercise is important to get rid of excessive anxiety and nervousness.

Sexual intercourse is also a problem during this period. The mucous membranes of the urinary tract and internal organs lose their elasticity and are easily injured. As a result, the woman feels pain during sexual intercourse. It also reduces sexual desire.

Conclusion

Hormones in a woman's body are not only necessary for pregnancy, but also play an important role in their metabolism. If a woman is physically healthy and able to adapt to new situations, the period of hormonal changes will pass painlessly in a few months. But one in five women may suffer from various ailments during this period and should therefore consult a doctor.

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