

# WLON Health Newsletter

February 2017

This month's health topic is geared towards women. Menopause is a condition that affects every woman at some point in her life.

## What is Menopause?

Menopause is a normal condition that all women experience as they age. The term "menopause" can describe any of the changes a woman goes through either just before or after she stops menstruating, marking the end of her reproductive period.

## What Causes Menopause?

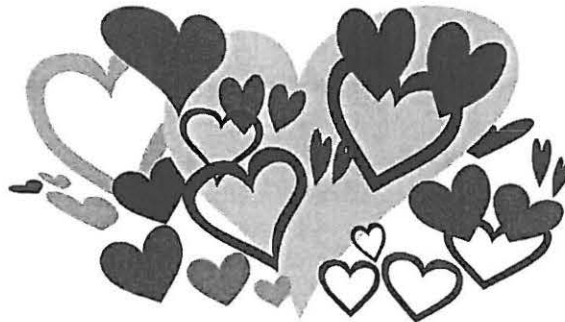
A woman is born with a finite number of eggs, which are stored in the ovaries. The ovaries also make the hormones estrogen and progesterone, which control menstruation and ovulation. Menopause happens when the ovaries no longer release an egg every month and menstruation stops.

Menopause is considered a normal part of aging when it happens after the age of 40. But some women can go through menopause early, either as a result of surgery, such as hysterectomy, or damage to the ovaries such as from chemotherapy. Menopause that happens before 40, regardless of the cause, is called premature menopause.

## How Does Natural Menopause Happen?

Natural menopause is not brought on by any type of medical or surgical treatment. The process is gradual and has three stages:

- Perimenopause. This typically begins several years before menopause, when the ovaries gradually make less estrogen. Perimenopause lasts up until menopause, the point when the ovaries stop releasing eggs. In the last 1-2 year of perimenopause, the drop-in estrogen quickens. At this stage, many women have menopause symptoms.
- Menopause. This is the point when it's been a year since a woman last had her last menstrual period. At this stage, the ovaries have stopped releasing eggs and making most of the estrogen.
- Postmenopausal. These are the years after menopause. During this stage, menopausal symptoms such as hot flashes ease for most women. But health risks related to the loss of estrogen rise as the women age.



## What Conditions Cause Premature Menopause?

Premature menopause can be the result of genetics, autoimmune disorders, or medical procedures. Other conditions that may cause early menopause include:

- Premature ovarian failure. Normally, the ovaries make both estrogen and progesterone. Changes in the levels of these two hormones happen when the ovaries, for unknown reasons, prematurely stop releasing eggs. When this happens before the age of 40, it's called premature ovarian failure. Unlike premature menopause, premature ovarian failure is not always permanent.
- Induced Menopause. "Induced" menopause happens when the ovaries are surgically removed for medical reasons, such as uterine cancer or endometriosis. Induced menopause can also result from damage to the ovaries caused by radiation or chemotherapy.

## Symptoms

Most women approaching menopause will have hot flashes, a sudden feeling of warmth that spread over the upper body, often with blushing and some sweating. The severity of hot flashes varies from mild in most women to severe in others.

Other common symptoms around the time of menopause include:

- Irregular or skipped periods
- Insomnia
- Mood swings
- Fatigue
- Depression
- Irritability
- Racing heart
- Headaches
- Joint and muscle aches and pains
- Changes in libido (sex drive)
- Vaginal dryness
- Bladder control problems

Not all women get all of these symptoms.

## How Do I Know When I'm Going Through Menopause?

Either you'll suspect the approach of menopause on your own, or your doctor will, based on symptoms you've told her about. To help figure it out, your doctor can do a certain blood test.

It also helps if you keep track of your periods and charts them as they become irregular. Your menstrual pattern will be an added clue to your doctor about whether you're premenopausal.

## What Long-Term Health Problems Are Tied to Menopause?

The loss of estrogen linked with menopause has been tied to a number of health problems that become more common as women age.

After menopause, women are more likely to have:

- Osteoporosis
- Heart disease
- A poor working bladder and bowel
- Greater risk of Alzheimer's disease
- Poor skin elasticity (increased wrinkling)
- Poor muscle power and tone
- Some weakening in vision, such as from cataracts (clouding of the lens of the eye) and macular degeneration (breakdown of the tiny spot in the centre of the retina that is the centre of vision).

A number of treatments can help lower risks that are linked with these conditions.



## Happy Birthday!!!!

|                      |         |
|----------------------|---------|
| Shieesha Andy-Mcleod | Feb. 3  |
| Jamie Lee Parenteau  | Feb. 8  |
| Elvis Esquega Sr     | Feb. 15 |
| Adam Peterson        | Feb. 15 |
| Ty McLeod            | Feb. 19 |
| Josh Pitchenese      | Feb. 21 |
| Daniel Cantin        | Feb. 22 |
| Tom Favell           | Feb. 25 |

Harriet Shabaquay  
Clayton Morrison

Feb. 26  
Feb. 27

### Eco Green Living Tip

Let sunlight in. The sun is the cheapest and most efficient light source around. Opening blinds & curtains on bright days; even in cool winter months, sunlight can raise the temp in your home a few degrees. Bonus: a splash of sunlight makes you feel more alert in the morning, it signals your brain to stop churning out melatonin, the hormone that triggers sleep. ([www.prevention.com](http://www.prevention.com))

### Weird but True Health Facts

Over 90% of diseases are caused or complicated by stress. ([www.all-funny-info.com](http://www.all-funny-info.com))

### FYI.....

- **Feb. 17** – Healthy Living Food Boxes – pick @ health centre in the afternoon
- **Feb. 27** – Recycling Day!!!

### Quote of the month

An ounce of prevention is worth a pound of cure.

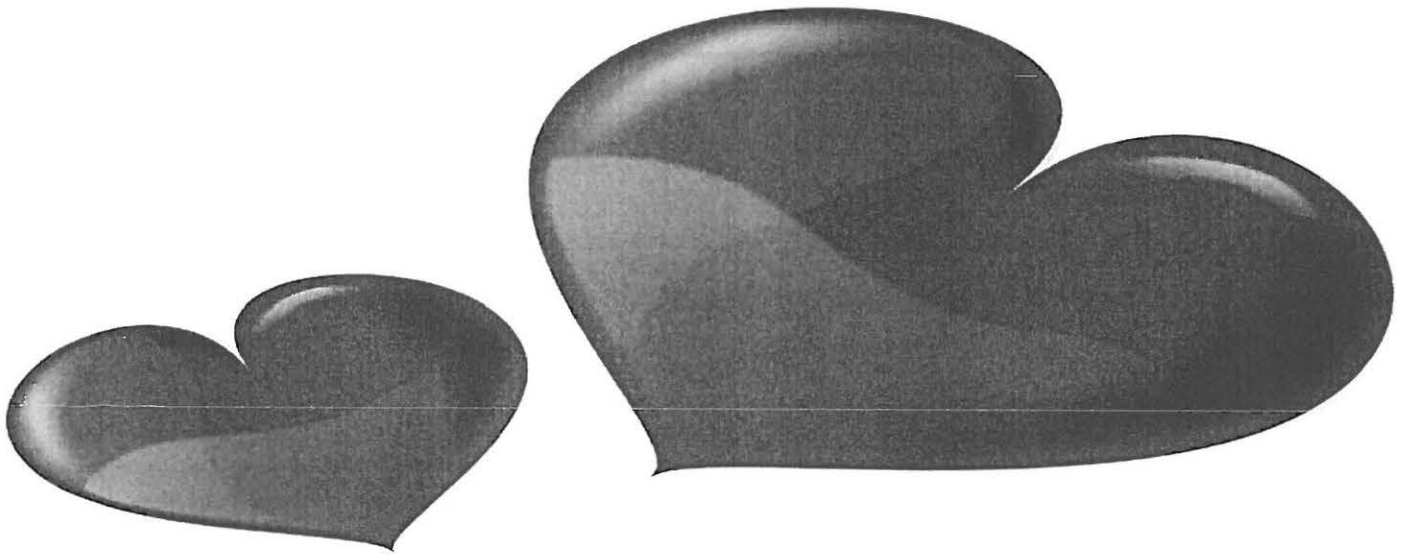
- anonymous

Happy  
Valentine's  
Day



# February

# 2017



| Sunday | Monday                      | Tuesday                                  | Wednesday  | Thursday                                | Friday  | Saturday |
|--------|-----------------------------|--|--|---|---|----------|
|        |                             |  | 1<br>Diabetes Nurse In                                     | 2                                       | 3   | 4        |
| 5      | 6<br>Movie Night 4-7 pm     | 7<br>Games Night 4-7 p.m                 | 8  | 9                                       | 10  | 11       |
| 12     | 13                          | 14<br>Valentines' Couples Night 4-7 p.m. | 15<br>Diabetes Nurse In<br>Traditional Herbalist In 9-4 pm | 16<br>Traditional Herbalist In          | 17<br>Healthy Living food boxes In<br>Traditonal Herbalist In | 18       |
| 19     | 20<br>Family Day Fish Derby | 21<br>Craft Night 4-7p.m.                | 22<br>Merchandise Bingo 4-7 p.;m.                          | 23<br>Cooking for Life Classes 4-6 p.m. | 24  | 25       |
| 26     | 27<br>Recycling Day         | 28<br>Game Night 4-7 p.m.                |  |   |   |          |