

Long-term Consequences

Osteoporosis: Reduced estrogen levels cause a progressive loss of bone strength leading to bone-thinning and fragility. Fractures may occur without much injury or with a simple fall.

Cardiovascular Disease: Heart health is also affected after menopause. Women become prone to heart attacks and strokes.

Other Signs of Menopause are:

- Headaches
- Changes in body odour
- Brittle nails
- Irregular heartbeat
- Depression
- Anxiety
- Irritability
- Panic disorders
- Joint pains
- Burning tongue
- Digestive issues
- Muscle tension
- Gum problems

Promoting Midlife Wellness

Jehangir Women's Midlife Clinic is equipped with expert staff and personnel, who help middle-aged women understand the natural consequences of menopause and deal with the transition with proper knowledge and therapy. Treatments might include medication for the persistent symptoms. The doctors and nurses guide you through the recommended lifestyle changes coupled with meditation and relaxation techniques to boost your health.



Jehangir Women's
Midlife Clinic
'ME-NO-PAUSE'



JEHANGIR
HOSPITAL

We Add Care

Our team of experts:

Gynaecologists: Dr. Jyothi Unni
Dr. Nina Mansukhani

Physician: Dr. Sarita Kulkarni

Psychiatrist: Dr. Suparna Telang

Orthopaedic: Dr. Adeeb Murtuza

Counsellors: Ms. Niloufer Ebrahim
Ms. Farzana Mulla

Dietician: Ms. Neha Shirke

Physiotherapist: Dr. Radhika Patil

Urologist: Dr. B. Kashyapi

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Jehangir Women's Midlife Clinic



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Menopause is a natural condition marking the end of a woman's menstrual cycle and fertility. The onset of this phase happens between the ages of 45 and 50, but for some women, it could also begin during their early forties. Women experience various physical and emotional symptoms during menopause, caused by hormonal imbalance in their bodies, the reduced ovarian follicular activity, and the end of reproductive capability.

Jehangir Hospital has recently launched the Women's Midlife Clinic, which runs on the motto of 'Me-No-Pause'. With a clinic devoted entirely to the education, support, and therapy for menopause, it aims at ensuring that women are *Fit at Forty, Strong at Sixty and Independent at Eighty* as advocated by the Indian Menopause Society.

Menopause Signs & Symptoms

Women experience several of the following symptoms when they undergo the stages of menopause. These signs and symptoms have been explained below:

- **Hot Flashes**

Hot flushes also known as hot flashes are sudden, intense sensation of warmth or heat that spreads over the neck, chest or below, creating redness.

- **Night Sweats**

Night sweats are hot flushes that occur during sleep and are accompanied by intense sweating.

- **Irregular Periods**

As a woman reaches menopause, there is menstrual irregularity caused by decreasing levels of estrogen and progesterone.

- **Loss of Libido**

Women going through menopause may experience a drop in the desire for sexual activity or intimacy. The hormonal imbalance and androgen deficiency leads to a low sex drive.

- **Vaginal Dryness**

The usually moist and soft feeling of the vagina disappears and brings about symptoms of itchiness and irritation. This symptom appears due to a drop in estrogen during menopause, whether natural, premature, or surgical.

- **Mood Swings**

During menopause, a woman may experience several mood swings that can be sudden and intense. These emotions differ from woman to woman.

- **Fatigue**

One of the most common symptoms of menopause, fatigue brings about weakness, tiredness, and a lower energy level—sometimes even causing drowsiness.

- **Hair Loss or Thinning**

Menopausal women experience gradual hair loss or thinning of hair, which is an upsetting and visible sign of aging.

- **Sleep Disorders**

Waking many times during the night, tossing and turning, and insomnia, are all sleep disorders connected with menopause.

- **Difficulty in Concentration**

In the lead-up to menopause, women find they have trouble remembering things, experience mental blocks, or have difficulty concentrating.

- **Memory Lapses**

Sometimes, women also complain of lapses in memory. This could be misplaced objects, skipped meetings, forgotten birthdays, or forgetting trivial occurrences.

- **Dizziness**

The fluctuating hormonal levels can cause unexplained dizzy spells among women.

- **Weight Gain**

Weight gain, specifically a thickening around the waist, is another sign of changing hormones levels during menopause.

- **Bladder Problems**

The bladder is dependent on estrogen, so around menopause women may experience frequency, urgency or nocturia (frequent voiding at night). An even more distressing symptom may be lack of bladder control. Leakage may happen on laughing, coughing or sneezing or when there is a strong urge to pass urine.

- **Bloating**

Sometimes, during menopause, women could develop lactose intolerance or could experience low levels of bile caused by estrogen deficiency. This leads to a swollen belly, a feeling of tightness, discomfort, or pain in the abdominal area.

- **Allergies**

Women may also experience increased sensitivity to allergies or may suddenly develop an allergy to something that never bothered them before.

- **Breast Pain**

Menopausal women also feel general discomfort or pain when touched or when a slight pressure is applied to the breast. The hormonal changes could bring about breast pain, soreness, or tenderness in one or both breasts.

