

# Menopause

It is a physiological event that occurs in women between the ages of forty and sixty. It is a natural process that occurs as a result of **insufficient estrogen production**. Estrogen is a female sex hormone, produced mainly by the ovaries, partly also formed by the placenta and in the adrenal glands. Premature menopause refers to menopause that occurs before the age of 40.

During this period there is an **irregularity of menstrual bleeding**, which gradually **disappears completely**. During this period there may be:<sup>[1]</sup>

1. increased rapid blood flow to the head and neck area (so-called rushes)
2. irritability
3. states of anxiety, feelings of shortness of breath and fatigue

## MENOPAUSE PHASES

### PREMENOPAUSE

Premenopause refers to the period before menopause, during which regular menstrual bleeding still occurs. Estradiol (E2) and gonadotropin levels are normal, but progesterone secretion is lower.

### MENOPAUSE

The ovaries lose their follicular activity, which leads to a gradual loss of menstruation.

### PERIMENOPAUSE

This is the period immediately before menopause and up to one year after menopause, with irregular menses, significantly elevated FSH and normal E2.

### POSTMENOPAUSE

It occurs approximately one year after menopause. After the ovaries have lost their physiological function, there is a permanent disappearance of menstruation, we find increased FSH values and decreased E2 levels.

1. MYSLIVEČEK, Jaromir – TROJAN, Stanislav. *Physiology in your pocket*. 1. edition. Triton, 2004. 466 pp. ISBN 9788072544974.