
On The Issue Of Menopause-- Women Should Be Aware

Contributed by Webmaster

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Women, in most situations, take their health for granted because they think they are just overwhelmed with tasks and responsibilities to be rendered for their husband and children for them to focus on their health. That is why many end up with regrets of the results of making not their health as one of their top priorities.

Women should give equal care for their loved ones and for themselves.

It is very essential to promote and to become advocate on women's health.

For instance, on the issue of menopause, it is essential for women to speak up, to voice out and to share their health problems so to ease the burden its effects-- whether physical or psychological

Menopause, whether it is surgically induced occurs naturally, is a major mind and body event-- every woman should be aware of this fact. Perhaps, it make sounds appealing at first, the changes that you and your body will experience can be hard to cope with. Before you go under the knife, be aware of the changes you will have to go through.

Do not trust your hormone treatment to anybody else, not even your doctor. Look for a specialist who is well versed in hormonal medication. Relying on your doctor to recommend somebody may not be good enough. But, take all of the suggestions from the sources you may have. Be willing to check out a number of alternatives or options before deciding on the doctor who will treat you.

The effects of surgical menopause are not well known in regards to other type of ailments. Researchers are still working to find out how surgical menopause affects women when it comes to heart disease and other women health issues.

After surgical menopause you should expect to experience a number of the symptoms of menopause. Hot flashes usually experience by women who have surgical menopause. A decrease in sexual desire and vaginal dryness may be present. Difficulty sleeping and night sweats are common also. Mood swings and depression are no uncommon and in severe cases some women experience suicidal thoughts-- be aware of this.

Having personal support is essential. Close friends and family members will be a significant source of support. But, do not solely rely on friends and family. Seek out support groups and or individual counseling in coping with this problem. Chances are, very few or none of your personal support system members have experienced surgical menopause. They may not be able to comprehend many of the things you are going through. Support groups with others who know what you are experiencing can be extremely helpful.

Read up on surgical menopause before going through it. Tap into the resources that your doctor and medical center may have. Try all forms of support during surgical menopause even if you thinking they will not be helpful. Your entire life is going to change after surgical menopause.

For more information, visit <http://www.womenshealthabc.com/>