

Menopause



What is Menopause?

Technically the term menopause refers to the permanent ending of monthly periods, but in general use it often embraces the wide range of accompanying symptoms which make up the climacteric, or "change of life". This phase of a woman's life, when her ovaries stop producing eggs and her fertility declines and eventually ceases, may begin anywhere from the early forties to the mid-fifties and usually takes two or three years. In a few women menstruation may stop suddenly with no previous change in the cycle, but in most women the menstrual cycle becomes irregular. Often periods become less heavy and occur further apart. However, they may occur more often, or follow the usual timing but with some missing altogether. Bleeding or spotting between normal periods, or after sexual intercourse, should always be discussed with your doctor - as should any bleeding that occurs a year or more after the last period.

During the menopause, the ovaries reduce and finally cease production of not only eggs but also of estrogen, the hormone that maintains the female reproductive function. Some estrogen is still made somewhere in the body, particularly beneath the layers of fat beneath the skin, so plumper women experience less effects.

Signs and Symptoms of Menopause

Loss of estrogen brings about such symptoms as:

- Hot flushes
- Sweating at night
- More frequent need to pass urine
- Uncomfortable lack of lubricating fluid in the vagina
- Anxiety
- Irritability
- Lack of concentration
- Insomnia
- Mood swings, and
- Depression.

TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

masters of TCM Pty Ltd

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