

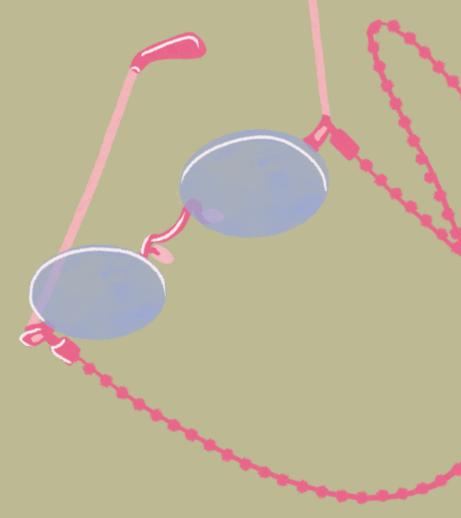
REPRODUCTIVE AGING- RELATED DISEASES/MENOPAUSE TREATMENT





REPRODUCTIVE AGING- RELATED DISEASES

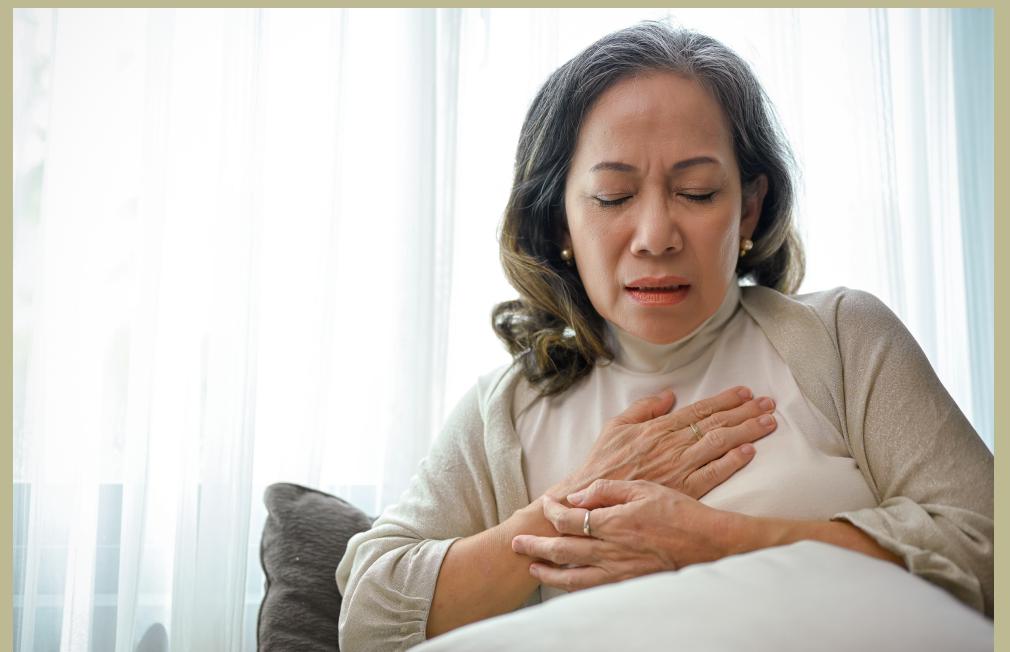
Reproductive Aging also known as menopause in women and andropause in men, is a natural process characterized by the decline in reproductive hormone levels and the eventual cessation of menstrual cycles in women and decline in testosterone levels in men.



RELATED DISEASES



While menopause and andropause are natural stages of aging, they can be associated with various Health issues and Related Diseases. Some of these include:



RELATED DISEASES



01

OSTEOPOROSIS

Both menopause and andropause can lead to a decrease in bone density, increasing the risk of osteoporosis, a condition characterized by fragile bones and increased susceptibility to fractures.



02

CARDIOVASCULAR DISEASE

Estrogen is believed to have a protective effect on the cardiovascular system. Therefore, the decline in estrogen levels during menopause may increase the risk of cardiovascular diseases such as heart disease and stroke. Similarly, men with low testosterone levels may also have an increased risk of cardiovascular disease.



03

WEIGHT GAIN AND METABOLIC DISORDERS

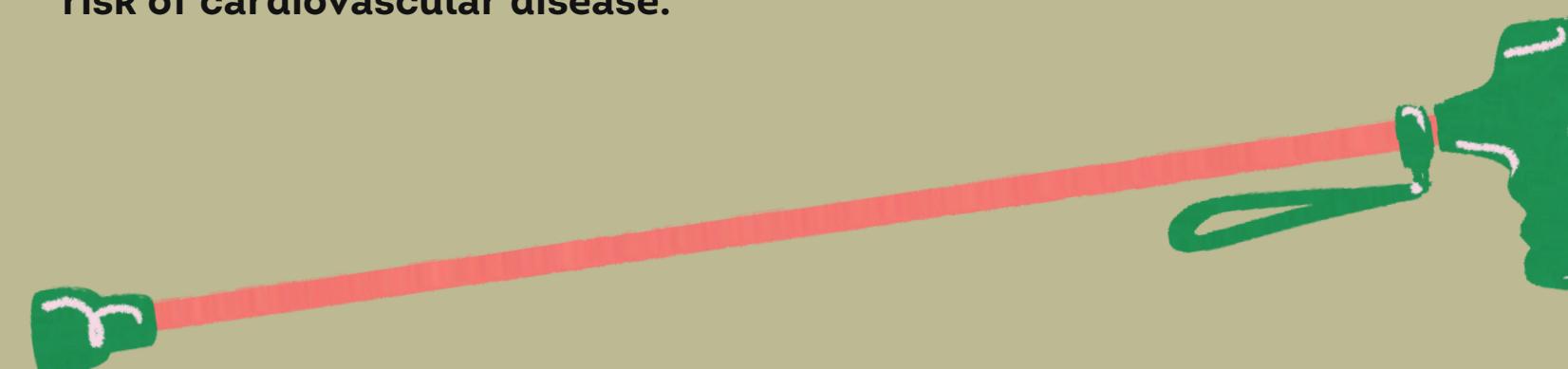
Hormonal changes during reproductive aging can contribute to weight gain and changes in body composition, which may increase the risk of metabolic disorders such as type 2 diabetes.



04

MOOD DISORDERS

Fluctuations in hormone levels during menopause and andropause can lead to mood swings, irritability, anxiety, and depression in some individuals.



RELATED DISEASES

05

SEXUAL DYSFUNCTION

Changes in hormone levels can also affect sexual function, leading to symptoms such as decreased libido, vaginal dryness, erectile dysfunction, and difficulty achieving orgasm.



06

URINARY INCONTINENCE

Decreased estrogen levels in women during menopause can lead to weakening of the pelvic floor muscles and increased risk of urinary incontinence.



07

COGNITIVE DECLINE

Some studies suggest that hormonal changes during menopause and andropause may be associated with cognitive decline and an increased risk of conditions such as Alzheimer's disease.



08

SLEEP DISTURBANCES

Hormonal fluctuations during reproductive aging can disrupt sleep patterns, leading to insomnia and other sleep disturbances.



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IT'S IMPORTANT TO NOTE THAT NOT EVERYONE WILL EXPERIENCE THESE HEALTH ISSUES TO THE SAME EXTENT, AND LIFESTYLE FACTORS SUCH AS DIET, EXERCISE, AND STRESS MANAGEMENT CAN PLAY A SIGNIFICANT ROLE IN MITIGATING THE IMPACT OF REPRODUCTIVE AGING ON OVERALL HEALTH. ADDITIONALLY, INDIVIDUALS EXPERIENCING SYMPTOMS ASSOCIATED WITH REPRODUCTIVE AGING SHOULD CONSULT WITH HEALTHCARE PROFESSIONALS FOR PERSONALIZED ADVICE AND TREATMENT OPTIONS.



THANK YOU!

