Press Release

Perimenopausal syndrome and mood disorders in Women

*These symptoms may be impairing to a great extent but can be effectively managed through appropriate lifestyle measures.*

**New Delhi, Feb 12, 2017:** Menopausal transition, or perimenopause, is the period between the onset of irregular menstrual cycles and the last menstrual period. This period is marked by fluctuations in reproductive hormones and is characterized by the following:

- Menstrual irregularities
- Prolonged and heavy menstruation intermixed with episodes of amenorrhea
- Decreased fertility
- Vasomotor symptoms
- Insomnia

A cross-sectional study analyzed the prevalence and severity of perimenopausal syndrome and mood disorders along with their relations and risk factors in perimenopausal women. Multiple risk factors are associated with and shared between perimenopausal syndrome and mood disorders including age, constipation, menstruation, personality characteristics, and employment status. Thus, it is imperative to manage perimenopause appropriately.

**Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA** in a joint statement said that, “Symptoms of perimenopause are individual to a great extent, but the most common signs include irregular and/or heavy bleeding, insomnia, night sweats and/or hot flashes, worsening PMS, migraine, vaginal dryness and abdominal weight gain on the physical front. Apart from these physiological changes, women also experience changes on the emotional front. Changing hormones can prompt increased incidences of anxiety, depression, irritability and intense mood swings. Many women have experienced chest pain or palpitations from their hormonal imbalance. It is important to consult a physician if such a problem persists.”

“A healthy diet and good sleep remain the key management options for perimenopausal syndrome. Therapeutic intervention for extreme cases is available in the form of systemic estrogen therapy in
pill, skin patch, gel or cream form. It is widely for relieving perimenopausal and menopausal hot flashes and night sweats. Systemic estrogen can also help prevent bone loss. Some low-risk alternative strategies like yoga and paced breathing can help reduce stress, which may in turn help improve menopausal symptoms. Talk with your doctor before taking any herbal or dietary supplements for perimenopausal or menopausal symptoms.”, added Dr. K.K Aggarwal.

Following tips may help promote general well being:

✓ Exercise for upto 30 minutes daily, it can help with the hormonal imbalance that is responsible for depressive perimenopausal symptoms.
✓ Quit smoking if you do, it can raise Blood pressure and aid in aggravating heart problems related to menopause.
✓ Get good sleep everyday.
✓ Achieve and maintain a healthy weight goal.
✓ Get optimal amounts of calcium in your diet. Natural sources like kale, spinach and nuts remain best options.
✓ Consult your doctor before taking any supplement or multivitamin available over the counter.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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