

Caffeine-induced anxiety disorder in perimenopause

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Biography

Kavya completed her Bsc in Food Technology and Processing at Andhra Loyala College, Tamil Nadu. And now perusing her Master of Science in Applied and Regulatory Toxicology at Sri Ramachandra Medical College and Research Institute. She is a young talented mind and an enthusiastic student in bringing out new ideas. She achieved much in her little career and hoping for new outcomes.

Abstract

Menopause is a natural phase in every woman life which occurs due to ageing as the ovaries run out their egg supply, stop hormonal production and halt reproductive functions. It is the end of the women's menstrual cycle where they will not be any menstrual cycles after. The most common symptoms of the menopause include fatigue, depression, crankiness, racing heart, headaches, joint and muscle pains, weight gain, hair loss, etc. There are four stages of menopause, premenopausal stage, perimenopause, menopause, post-menopause. In the premenopausal stage, the women have regular periods, begins with the puberty and stops with the first indication of the perimenopause. In perimenopause ovarian reserve begins to take its role causing drastic fluctuations of the reproductive organs like oestrogen and progesterone. Once a woman passes 12 consecutive months without periods she is considered as menopause, the average age of menopause is above 50. Postmenopause is a stage once the women are declared as menopause, moreover consistently lower hormone levels may produce the risk of development of many severe health conditions which include: osteoporosis, incontinence, urinary tract infections, heart disease, dyspareunia, etc., Perimenopause is the condition starts several years before the menopause in women. It is mainly diagnosed by a blood test and comparing the hormonal level. This period mainly starts 8-10 years but sometimes longs for only four years, and ends after 12 months without having any periods. Before the menopause which mainly starts from the reduced production of the steroid hormones leading to the conditions like increased anxiety, loss of appetite, emotional fluctuations, etc., one of the main reasons for induced perimenopause is changed the manner of living like changed food habits, increased medications, hysterectomy, cancer treatment sometimes. The most common symptoms include irregular periods, urine leakage while coughing and sneezing, mood swings, insomnia, breast tenderness, and premenstrual syndrome etc., treatment for perimenstrual syndrome include antidepressants, multivitamin pills, exercise, improved food habits, and addition of calcium in the diet on physician's advice.



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