Article Side

How Bioidentical Hormone Therapy Helps Women Handle Menopausal Concerns by Jennifer West

Article published on April 18th 2012 | Health

Majority of individuals typically undergo several stages of development, ranging from childhood to adolescence, middle age, and ultimately, seniority. Health problems, mishaps, and other conditions, nevertheless, affect a few of these stages. Different physiological and psychological changes happen during these phases, which can affect the biological and emotional development of human beings.

Women experience menopause which men do not experience. However, some scientists will contradict this, asserting that men do go through a similar menopausal period, even if in a distinct manner, which is labelled andropause. Menopause occurs when a woman is no longer able to become pregnant as a result of dramatic shifts in her reproductive hormones. In other words, there is a complete absence of the menstrual period-- originally for one year--after which it becomes long-term.

Menopause does not happen suddenly but undergoes a period of change which begins with perimenopause or "the period around menopause". This is a non-medical phrase used to explain particular aspects of the period in layman's terms such as hot flashes and night sweats. Postmenopause is the period that comes after the last menstruation, while menopause occurs when a woman's ovaries finally cease to work. During these phases, women go through different biological changes in their bodies which may cause some stress.

The ovaries are where female hormones such as estrogens and progesterones are generated. They manage the development of a woman's bodily characteristics, such as the breasts, body shape, and body hair. These hormones govern menstruation, including pregnancy.

While the average age of menopause in the United States is 51, several women experience it at an earlier time or even later on, and it is regarded as ordinary for women to undergo it at any time between the ages of 35 and 59. Some say that women normally have a tendency to undergo menopause at an age comparable to that of their mothers', but this has not yet been supported by any scientific research. At present, having said that, the effects of menopause are feasible through bioidentical hormone therapy.

Not all women have identical menopausal indicators-- a number go through a lot, others some, while a few none at all. However, all women must promptly seek their doctor's expert support to make the menopausal change a simpler and less stressful experience. The appropriate bioidentical hormones menopause treatment can help alleviate any aggravations caused by the condition.

A woman has her own exceptional body clock which will identify the moment she will experience menopause. A woman needs to keep in mind that it is a normal and inevitable womanly condition which bioidentical hormones for menopause may help handle. If you want further info on the topic, you can browse thirdage.com.

Article Source:
http://www.articleside.com/health-articles/how-bioidentical-hormone-therapy-helps-women-handle-menopausal-concerns.htm - Article Side

Jennifer West - About Author:
For more details, search a bioidentical hormone therapy, a bioidentical hormones menopause and a bioidentical hormones for menopause in Google for related information.

Article Keywords:
bioidentical hormone therapy, bioidentical hormones for menopause, bioidentical hormones menopause

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!