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Healthy aging in post-menopausal women

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The world is ageing fast. In 1990, 12.6% of the population was older than 65 years of age. By the year 2050, this figure will be 100 million elderly and they spend 1/3 of their life in postmenopausal one year. Effects of aging and its consequences are vulvovaginitis, sexual dysfunction, urinary incontinence, genital prolapse, malignancy, hot flushes, insomnia and incidence of metabolic syndrome and fractures are high in post-menopausal group. Hence goal in treating post-menopausal women's care is to offer a better quality of life, prevent disabilities, functional independence, prevent cancers, prevent & treat co-morbid conditions. Gynaecologist is primary physician for post-menopausal women, during screening visits for gynaec-malignancy and breast cancer, they can address them regarding cardiac disease cerebrovascular accident and osteoporosis and provide preventive care. 2/3 women will have menopause symptoms, the most common of which were sleep disturbance and vasomotor symptoms (VMS). Women's work ability get worse & rate of sickness, absence will increase. The menopause transition is an identifiable milestone and important periods for implementing lifestyle and behavioral changes to ensure that each woman maximizes her health moving forward. Menopausal hormone therapy awareness should be increased. Right post-menopausal women, right dose, right duration, and right route will definitely improve the quality of their life. Millions of women continue to work long past 51 years means that the impact on work ability, sickness and absence of diseases related menopause should be of concern. Our aim should be healthy women around middle age so that they are fit at forty, strong at sixty and independent at eighty.



Recent Publications

1. Somash and N Hephzibah Kirubamani (2017) Menopause and its association with metabolic syndrome. International Journal of Development Research 7:10464.
1. Abrajitha and N Hephzibah Kirubamni (2017) Prevalence of sleep disturbance among post-menopausal women. Journal of Dental Research 7:1972-74.

Biography

N Hephzibah Kirubamani has been graduated from Stanley Medical College as Medical Doctor, with the specialization in Obstetrics & Gynaecology from the Madras University. She did PhD and Doctor of Science from T N Dr. M G R Medical University. She started working at Stanley Medical College as Assistant Professor then elevated as Professor and Superintendent of Government RSRM hospital attached to Stanley Medical College till 2012. Presently she is working at Saveetha University.

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