



Menopause

Equipment

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Procedure

0	Informing the symptoms of menopause that can be found, hot flashes in the chest area, along the face of the legs, the face may be flushed, insomnia, sweating a lot, vaginal problems vaginal problems
1	Problems with reduced bone mass Risk of osteoporosis / easy to break, practice / use hormone supplementation
2	Practice, adjust general behavior, clothing, stay in the cold weather, meditate, be careful of falls, focus on exercise. Flexible/Positive
3	Hormone asks severely symptoms, affecting daily life, are treated by supplementing sex hormones.
4	advantages, can reduce these, can help prevent osteoporosis
5	disadvantages see risk before Contraindications=DVT liver disease caendometrium , breast , FHCA, pre-breast : Endo mammary abnormalities, CA
6	The use of hormones is considered on a case-by-case basis as having a high risk compared to a reasonable benefit. Breast/internal/blood examination should be done first. Hormone should not be taken by yourself, it may not be safe.
7	should have regular health checks, breast, PA+PAP, bone mass check Screening for common diseases DM,HT,DLP

