Women’s health depends on a lifetime of answers—one test at a time.

Women and Menopause

www.siemens.com/women-and-menopause
Menopause is the permanent end of menstruation. It’s a turning point, not a disease, but it can have a big impact on a woman’s well-being. Although menopause can bring physical upheaval from hot flashes, night sweats, and other symptoms, it can also be the start of a new and rewarding phase of a woman’s life—and a golden opportunity to guard against major health risks such as heart disease and osteoporosis.¹
What Is Menopause?

Menopause is a natural, biological state in a woman’s life. It occurs when a woman stops having her monthly menstrual cycle, and it marks the end of her reproductive years. Menopause occurs when a woman is in her late 40s to early 50s; however, women who have their ovaries surgically removed undergo “sudden” menopause.\(^2\) The changes associated with menopause can have an effect on nearly every body system. The long-term risks—most notably an increased risk for osteoporosis and heart disease—can have a major impact on a woman’s overall health and quality of life.
The Economic Burden of Menopause

Women with diagnosed menopausal symptoms (DMS) have significantly higher medical, pharmacy, and sick-leave costs, according to a study published in April 2013.  

Gender Differences

For both women and men, the changes in reproductive-hormone levels have an impact on health later in life. These changes, however, appear to have a greater impact on the health of women in comparison to their male counterparts.

Symptoms

Common symptoms include:
- Hot flashes
- Night sweats
- Difficulty sleeping
- Vaginal changes
- Changes in sex drive
- Mood changes
- Urinary changes/stress incontinence
- Skin changes

- A major effect of menopause is a significant decrease in estrogen. It is unknown why some women pass through menopause with mild or no symptoms, while others struggle with more bothersome symptoms.
- Approximately 55% of women going through menopause do not seek treatment for their symptoms.

- Approximately 75% of women experience hot flashes and night sweats at some point during perimenopause.
- About two-thirds of North American postmenopausal women experience hot flashes, and an estimated 10–20% of postmenopausal women have severe hot flashes. Most flashes last between 30 seconds and 5 minutes.
- Approximately 25% of women who experience hot flashes and night sweats have them for more than 5 years.

Related Diseases and Conditions

Osteoporosis

Women lose an average of 25% of their bone mass from the time of menopause to age 60, due in large part to the loss of estrogen.

- Estrogen loss can also increase the risk of certain diseases, such as osteoporosis, which leads to hip, wrist, and spine fractures.
- Approximately 50% of women older than 50 will suffer an osteoporosis-related bone fracture, and one-third of white women ages 65 and older will have a fracture of the spine in their lifetime.

Coronary artery disease

After menopause, a woman’s risk for coronary artery disease increases. A decline in the natural hormone estrogen may be a factor in heart-disease increase among post-menopausal women. Estrogen is believed to have a positive effect on the inner layer of the artery wall, helping to keep blood vessels flexible.
## Reproductive endocrinology solutions from Siemens

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* Under development. Not available for sale.
† Not available for sale in the U.S.

**References**
4. [http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Menopause-and-Heart-Disease_UCM_448432_Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Menopause-and-Heart-Disease_UCM_448432_Article.jsp)
Caring for Menopausal Women

Aging is an inevitable part of life. For menopausal women, understanding symptoms, implementing appropriate therapies, and monitoring treatment are important contributions to long-term health. Laboratory diagnostic testing plays an integral role in caring for women throughout the continuum of their reproductive lives.

As an integrated healthcare company, Siemens’ comprehensive solutions, which include multiple imaging modalities, support reproductive care for a lifetime, including accurate diagnosis and monitoring. In addition, our solutions in healthcare IT support the exchange of data for making informed decisions.
Your results. Her lifetime.

Empowering you to advance the health and vitality of women throughout the continuum of life.
Siemens Healthcare Diagnostics, a global leader in clinical diagnostics, provides healthcare professionals in hospital, reference, and physician office laboratories and point-of-care settings with the vital information required to accurately diagnose, treat, and monitor patients. Our innovative portfolio of performance-driven solutions and personalized customer care combine to streamline workflow, enhance operational efficiency, and support improved patient outcomes.

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