

Celebrate World Menopause Day by treating your body to a health screening

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Leading doctors are calling on women to consider celebrating World Menopause Day on October 18th 2017 with a health screening.

Menopause expert Miss Tania Adib (<http://25harleystreet.co.uk/our-experts/miss-tania-adib>), a consultant gynaecologist at Queens Hospital and Twenty-five Harley Street Day Clinic (<http://25harleystreet.co.uk/>) said: "The average age of the menopause in the UK is 51 years, just when women are at their prime of life, leading busy lives, holding down stressful jobs or juggling family life."

"Women tend to look after everyone but themselves. So, World Menopause day is an excellent opportunity to take a pause and really look at one's health and find out whether there are solutions to niggling issues caused by hormonal changes.

Health screening for women may be a lifesaving intervention.

Miss Adib explained: "The risk of developing ovarian cancer gets higher with age. Most breast cancers (8 out of 10) occur in women who are over the age of 50. Most ovarian cancers develop after menopause, but are not unheard of in younger women."

Symptoms of the menopause include:

- Sleeplessness
- Hot flushes
- Night sweats
- Low mood
- Loss of libido
- Vaginal dryness
- Weight gain
- Higher risk of osteoporosis

Professor David Reid (<http://25harleystreet.co.uk/our-experts/professor-david-reid>), Medical Director of Twenty-five Harley Street and one of the UK's foremost experts on osteoporosis commented:

"Osteoporosis and related fractures start becoming a worry for women who have been through the menopause. The only way to tell whether you are at risk of osteoporosis is to have a health check – which includes a 10-year fracture prediction - including the Fracture Risk Assessment Tool (FRAX) and a DEXA scan which can give an accurate measurement of your bone density.

Once we know if someone is at risk of osteoporosis, we can treat it, or if detected early enough, help women avoid it completely."

After your health check has been completed, women will enjoy peace of mind and can choose whether dipping hormonal levels need to be treated.

There is plenty that can be done to help menopausal symptoms, including HRT and holistic health tweaks. Miss Adib explained: “In my clinic (<http://25harleystreet.co.uk/menopause-and-hrt>) I use HRT, but also advise on other methods for controlling menopausal symptoms, including herbs, diet and mindfulness.”

Find out more about Health Checks (<http://25harleystreet.co.uk/our-services/health-checks>) at Twenty-five Harley Street (<http://25harleystreet.co.uk/>)

Essential Woman 40+ (<http://www.25harleystreet.co.uk/essential-woman-40>)

Essential Woman 50+ (<http://25harleystreet.co.uk/essential-woman-50>)

For more information or to talk to experts:

Website: 25Harleystreet.co.uk

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Research:

jamanetwork.com/journals/jama/fullarticle/10.1001/jama.2017.11217