

# Health Bulletin

Am I going through menopause? I've been feeling particularly lethargic lately.



I also consulted with my gynecologist recently. It made me feel a lot better!

## Differences in Menopausal Symptoms Between Male and Female

	Male	Female
Cause	Decrease in male hormones	Decrease in female hormones
Timing	Not specifically determined (can occur at any time after the age of 40)	The 5 years before and after menopause (around age 50)
Duration	No definite end	Tends to settle down about 5 years after menopause



The period of hormone decline coincides with a general decline in physical stamina.

The 40s and 50s are times when roles at home and work may change, and when there is often a lot of change.



I used to be fine with stairs when I was younger; I wonder if it's because I'm not exercising enough...



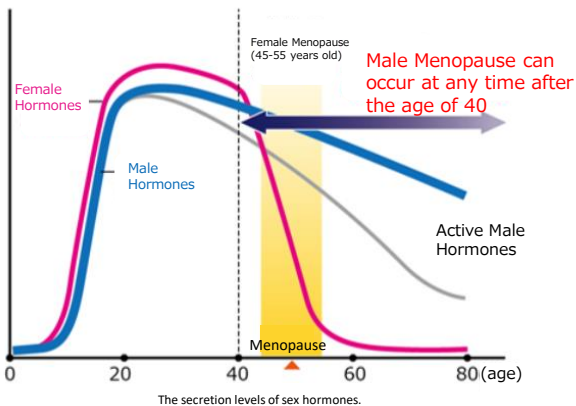
I got promoted, but the work is just too demanding.



There are issues with housework, my job, and caregiving as well.



## Aging and Changes in Sex Hormone Secretion



Male hormones gradually decrease, but the active form of male hormones that actually functions in the body can drop suddenly.

## What are menopausal symptoms?



### What is **female** menopause?



### When does menopause come?

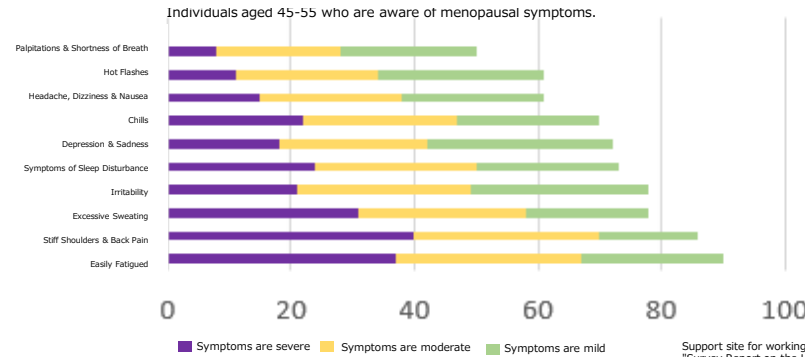
The ten years comprising the five years before and the five years after menopause are referred to as the "menopausal period." The average age of menopause for Japanese women is 50 years old, but there is a significant variation among individuals, with some experiencing menopause in their early 40s and others in their late 50s. Menopause is determined by looking back a year after a period of 12 months or more without menstruation has passed.

### What are the common symptoms?

- ① Symptoms related to vasodilation and heat dissipation (flushing, warmth, hot flashes, sweating)
- ② Other physical symptoms (dizziness, palpitations, tightness in the chest, headaches, lower back pain, pain in the back, joints, coldness, numbness, fatigue)
- ③ Psychological symptoms (depression, lack of motivation, irritability, emotional instability, insomnia)

From the website of the Japan Society of Obstetrics and Gynecology, a public interest incorporated foundation.

### Breakdown of Self-Aware Menopausal Symptoms



You can check your menopause.



Check your menopause status through this link.

[https://w-health.jp/self\\_check/self\\_check\\_02/](https://w-health.jp/self_check/self_check_02/)

Support site for working women's mental and physical health - Ministry of Health, Labour and Welfare "Survey Report on the Health of Working Women Focusing on Menopausal Symptoms" Conducted by NTT Docomo Healthcare, September 2018

### Does everyone experience menopausal symptoms?

Menopausal symptoms occur due to a complex interplay of physical, psychological, and social factors.

#### Physical Factors

A decrease in or fluctuations of female hormones.

#### Psychological Factors

An individual's personality traits such as being conscientious, hardworking, and perfectionistic.

#### Social Factors

Work and the personal environment surrounding an individual, including family issues.

### What is **Male** Menopause Disorder



I've been hearing a lot about it lately, but there's no clear definition yet!

Male menopause often goes unnoticed compared to female menopause, as there is no clear sign like menstruation cessation. Generally, after the age of 40, a decrease in male hormones (testosterone) can lead to conditions similar to those of female menopausal disorders, but the pathophysiology is complex and not yet fully understood. In men, symptoms caused by a decrease in male hormones are referred to as age-related hypogonadism or LOH (Late-Onset Hypogonadism) syndrome.

### Is it dangerous to assume menopausal disorder?

From the Japan Endocrine Society website

You can search for anything on the internet, but it's important not to jump to conclusions about diseases based on symptoms!

It's a convenient era, but people tend to make judgments that suit them best.

It would be serious if you misdiagnose yourself! If symptoms persist, I hope you won't self-diagnose and will seek medical attention right away.

**Hashimoto's disease** This disease is common in women in their 30s and 40s and resembles symptoms of menopausal syndrome and autonomic ataxia. The male to female ratio is said to be 1:20-30.

**Graves' disease** It has been reported to occur in 0.2-3.2 per 1,000 people, and the male to female ratio is said to be about 1:3-5.

This disease is common in women in their 20s and 30s and closely resembles menopausal symptoms.

#### Menstrual-Related Symptoms and Disorders

Because we work together, I want men to know this too!

From the support web site for working women's mental and physical health "About Menstruation"

#### Normal Menstruation

Menstrual Cycle	25 to 38 days
Bleeding Duration	3 to 7 days
20 to 140 ml (individual differences)	20 to 140 ml (individual differences)

#### Abnormal Menstruation

Cycle	Menstrual Irregularity	The menstrual cycle is irregular, making it impossible to predict the next period.
	Frequent Menstruation	The menstrual cycle is less than 24 days.
	Infrequent Menstruation	The menstrual cycle is more than 39 days.
	Amenorrhea	A condition of having no menstruation for more than 3 months.
Bleeding Duration	Prolonged Menstruation	A single menstruation lasts more than 8 days.
	Short Menstruation	A single menstruation ends within 2 days.
Menstrual Flow	Oligomenorrhea	The amount of menstrual flow is very low.
	Menorrhagia	The amount of menstrual flow is very high.
Abnormal Bleeding	Bleeding outside of the menstrual period.	

**Common Symptoms of Emotional instability** (irritability, depression, anxiety), sleepiness, sleep disturbances, decreased concentration, fatigue, dizziness, loss of appetite, overeating, abdominal pain, headaches, back pain, flushing, bloating, breast and abdominal tenderness, etc.

### <Disorders Associated with Menstruation>

#### Dysmenorrhea

Severe menstrual pain (such as abdominal pain and back pain) that interferes with daily life. In some cases, conditions such as endometriosis or uterine fibroids may be the cause.

#### Premenstrual Syndrome (PMS)

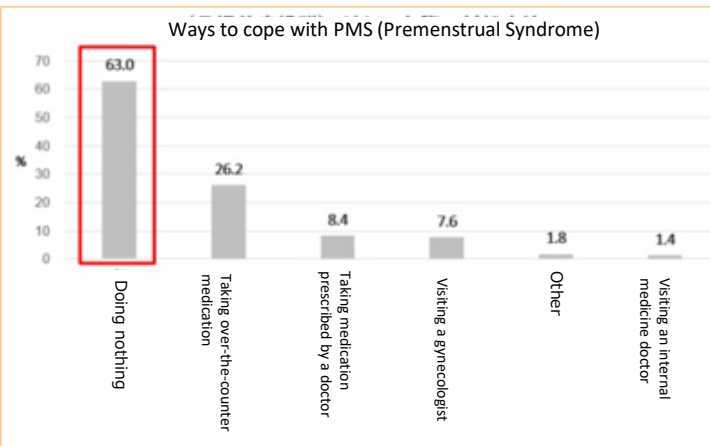
Various physical and emotional symptoms start from 3 to 10 days before the onset of menstruation, but symptoms usually improve or disappear once menstruation begins. It is thought to occur due to the body's significant reaction to the state of female hormones after



Premenstrual Syndrome (PMS) is not a concern if the symptoms are mild and do not interfere with daily activities. However, if the symptoms do disrupt daily life, it's advisable to consult with a gynecologist and seek ways to control and alleviate them. As for menstrual leave, some companies have their own policies, but a doctor's diagnosis is not necessary. Whether the leave is paid or unpaid is determined by the company. Please check with your company for details.

### [Question for those who have experienced or are currently experiencing Premenstrual Syndrome (PMS) symptoms]

Please share how you have managed or coped with Premenstrual Syndrome (PMS) symptoms (multiple responses allowed).



"Working Women's Health Promotion Survey 2018" by the Japan Medical Policy Organization, a Specified Nonprofit Corporation

"YouTube Ministry of Health, Labour and Welfare: Symposium on Working Women and Menstrual Leave"

<https://www.youtube.com/live/KZArcvc2Jlg?si=-BV0gOC2w-jbd48i>

From 29:15 to 52:24, a lecture by Dr. Miho Takao, an obstetrician and gynecologist, titled "Moving Beyond the Difficulty of Taking Menstrual Leave"



"Doing nothing" might not garner understanding from those around you, especially men, don't you think?

That's true. Since men have different bodies from women, they can't understand the pain and hardship. To gain understanding, it's necessary for women to take proper measures as well.

### Get to know your body better!

Understanding your menstrual cycle can help you predict when PMS might start. Using an app for health management is one way to do this.

It happens every month. I hate having to endure the pain and discomfort all the time.

**Lalune** <https://www.lalune.jp/>

**LunaLuna** [https://sp.lnlj.jp/brand/services/lnln\\_services](https://sp.lnlj.jp/brand/services/lnln_services)

**ソフィガール** <https://www.sofy.jp/ja/app/sofygirl.html>

There are many other apps available too! Look for one that is easy to use.