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Menopause, it's not the end of life!

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Background & Aim: Menopause is a natural process as women get older. It's the end of women reproductive life, but it is not the end of a woman's life. There are many symptoms related to estrogen level decrease that cause discomfort: hot flushes, vaginal dryness, insomnia,... Today's lifestyle and traditional gender roles create and worsen the feeling that a woman going through menopause is useless and old. Because of this, menopause is treated as a chronic disease that can be early diagnosed and whose symptoms must be pharmacologically treated.

Method: During our workshop we will explain the natural process of menopause, the symptoms that may appear and how do we actually manage them at our office. We will discuss how women face menopause changes according to their own concept about it and if there's any difference related to the culture of the country they are from.

Results: We will see the different ways of addressing menopause and how close to the current literature are we doing, getting to know if there's any change we can do to improve our practice.