

menopause:unmuted

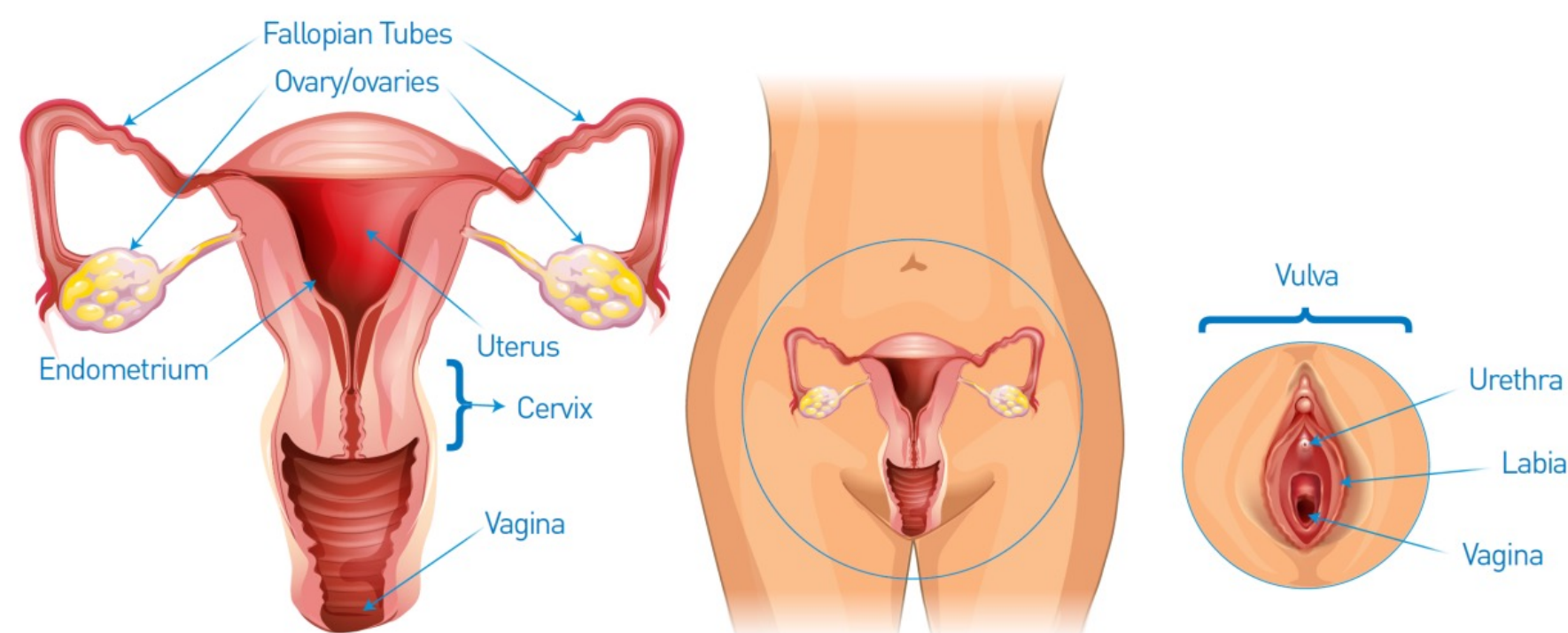
Glossary of Terms

THE FEMALE REPRODUCTIVE SYSTEM

Below are pictures showing the parts of a woman's reproductive system.

There is also a basic description of these body parts underneath.

These parts of your body often change during menopause.



Cervix	The lower part of the womb, where it joins the vagina
Endometrium	The lining of the womb, which thickens over the course of the month and is shed during a woman's period
Fallopian tubes	A pair of tubes inside a woman's body which carry an egg from the ovary to the uterus
Labia	The folds of skin that cover the vagina, or the opening to the female body
Ovary/ovaries	Small glands that produce female hormones and eggs (also called ova)
Urethra	The tube that carries urine from the bladder to outside of the body
Uterus	The womb; a hollow organ in a woman's body where a fetus is conceived and develops over time
Vagina	A muscular tube leading from the womb (uterus) to the vulva, or the opening to the female body
Vulva	The surface of the genital area

What other menopause terms may be important for me to know?

This glossary also gives a basic description of some words or terms that you may hear or see when you are learning about menopause, menopause symptoms, and menopause treatment options.

Abnormal uterine bleeding

Bleeding from the uterus that is different than usual in appearance or amount or that occurs after menopause

Amenorrhea

One or more missed monthly periods

Antidepressant/SSRI/SNRI

Type of medicine that is often used to treat changes in mood or mood disorders

Atrophic vaginitis/Vaginal atrophy

When the walls of the vagina become thinner, drier or more irritated as a woman's body produces less estrogen

Bioidentical hormones/Natural hormones

Medicine that is designed to contain hormones that appear similar to those naturally produced by the body. This type of treatment is made in a laboratory from plants

Bone mineral density

The amount of mineral matter in bones. A low bone mineral density could mean that someone has osteoporosis or reduced bone strength. This is often used as a measure of the strength of bones

Climacteric Compounded/Compounding

Female menopause

Continuous combined hormone therapy

A medication schedule where medicine is taken the same way on a daily basis, with no planned starts and stops

Cyclic hormone therapy

A medication schedule that changes over the course of the month, so that medicine is only taken on specific days of the month

Dehydroepiandrosterone (DHEA)

A hormone made in the body that helps to make other hormones like estrogen and testosterone. It may also be used in supplements or medications

Dementia

A chronic condition characterized by poor memory, personality changes and impaired reasoning

Discharge

Fluid that comes out of the vagina. This can be natural or caused by infection

Dyspareunia

Pain during sex

Dysuria

Pain while urinating

Elasticity

Flexible, not feeling rigid or stiff

Endometrial cancer

Cancer found in the lining of the uterus

Estradiol

A type of estrogen. The major female sex hormone that drives the development and function of women's reproductive systems

Estrogen

A group of hormones that help with the development and function of women's reproductive systems

Gel

A jelly-like liquid

Genital pruritus

Itching in or around the vagina

Genitourinary syndrome of menopause (GSM)

A medical term that describes a common set of menopause symptoms, including dryness or burning around the vagina, pain during sex, and problems urinating

Hormone

A chemical made by the body that influences how certain organs and cells function

Hormone therapy

A treatment that a healthcare provider may prescribe that uses hormones to help relieve menopause symptoms. *Other similar terms you may see include: Menopausal hormone therapy, Hormone replacement therapy, estrogen replacement therapy, estrogen therapy

Hot flashes/ Hot flushes

Sudden feelings of warmth, usually in your face, chest and neck

Hyperplasia

An increase in the number of cells in a tissue or organ that can lead to it appearing larger or thicker than normal

Hysterectomy

Surgery to remove all or part of the uterus and sometimes the ovaries and fallopian tubes

Insomnia

Difficulty falling asleep or staying asleep

Intrauterine system (IUD)

A device placed inside the uterus. Some of these objects release medication over time

Libido

A desire to have sex or feeling aroused by sex

Local therapy

Medication that only reaches a specific part of the body

Lubrication

Using a lotion or gel to reduce discomfort, pain or dryness

Menopause transition

The time in a woman's life when monthly periods become irregular and eventually stop occurring. This happens because ovaries produce fewer hormones than before

Menstrual cycle/Menstrual bleeding/ Menstruation

Monthly periods; or when a woman sheds the lining of the uterus, usually once a month

Myocardial infarction

A heart attack

Night sweats

Sweating at night, while sleeping or trying to fall asleep

Nocturia

Needing to get up during the night to urinate

Nonhormonal therapy

Treatment for menopause symptoms that does not contain hormones. Examples might include lifestyle changes or use of over-the-counter medicine or certain prescription medicines

Oophorectomy

Surgery to remove one or both of the ovaries

Oral tablet

A pill that is put in the mouth and swallowed

Osteopenia

Loss of bone mass that is not as severe as osteoporosis

Osteoporosis

A medical condition where bones become thinner and more brittle over time and may be more likely to break or fracture

Osteoporotic fracture

When a bone breaks or fractures because of osteoporosis

Patch

A small patch (or adhesive material) worn on the skin that delivers medicine to the body

Personal lubricants/lubricants

A cream, gel or lotion that is put on or in the vagina to reduce discomfort, dryness, or pain from sex

Perimenopause

The time when women produce less female hormones and begin to have irregular menstrual periods or begin to miss monthly periods

Phytoestrogens

Estrogen-like substances that occur naturally and are found in plants

Post menopause

After menopause; the time in a woman's life after she has gone 12 months without a period or has had induced menopause

Pre menopause

Before menopause or perimenopause; the time in a woman's life from puberty until periods become irregular and fertility declines

Progesterone

A female hormone that helps control how the reproductive system works

Progestin

A synthetic version of progesterone that is often used in birth control or hormone therapy

Ring

A small, flexible, circular object that is placed inside the vagina and releases medicine over time

Salpingectomy

Surgery to remove the fallopian tubes

Selective estrogen receptor modulator (SERM)

A class of medications that can block estrogen's effects on some organs, while acting like estrogen on other organs

Spray

Medicine that is applied to the body as a mist from a device

Stress urinary incontinence

When a sudden activity – such as laughing, coughing or jumping - causes loss of bladder control and urination

Suppository/Suppositories

A small piece of medicine that is put inside the vagina or rectum. It dissolves and releases medicine into the body

Tablet

A pill

Testosterone

A hormone that is usually associated with male sexual characteristics, but is also present in women. It can promote hair growth, muscle mass and bone strength and can affect libido or sexual desire

Topical

On the skin

Transdermal

Through the skin

Transvaginal

Through the vagina

Urgency

A sudden and immediate need to urinate

Urinary incontinence

Difficulty keeping urine in your bladder or leaking urine

Urinary tract infection/ recurrent urinary tract infections

An infection in the bladder, kidneys, ureter or urethra that often causes pain while urinating

Urogenital atrophy

When the vagina or areas near the urethra become dry or more irritated as a woman's body produces less estrogen

Uterine bleeding

Bleeding from the uterus

Uterine cancer

Cancer of the uterus. This term is also commonly used to refer to endometrial cancer

Vaginal cream

A cream put inside or around the opening of the vagina

Vaginal tablet

A pill placed inside the vagina that is absorbed into the body

Vasomotor symptoms

Symptoms caused by the body being unable to control heat due to changes in hormones. This includes hot flashes or flashes and night sweats

Venous thrombosis/Venous thromboembolism/ Deep vein thrombosis

A blood clot that begins in a vein. Deep vein thrombosis occurs specifically in a vein deep in the body, usually in the legs

Vulvovaginal atrophy

When the lining of the vulva and vagina becomes dry, thin, or inflamed as a woman's body produces less estrogen

Women's Health Initiative

A series of studies funded by the National Institutes of Health that studied ways of preventing heart disease, breast and colon cancer, and osteoporosis among women after menopause

