

# menopause:unmuted

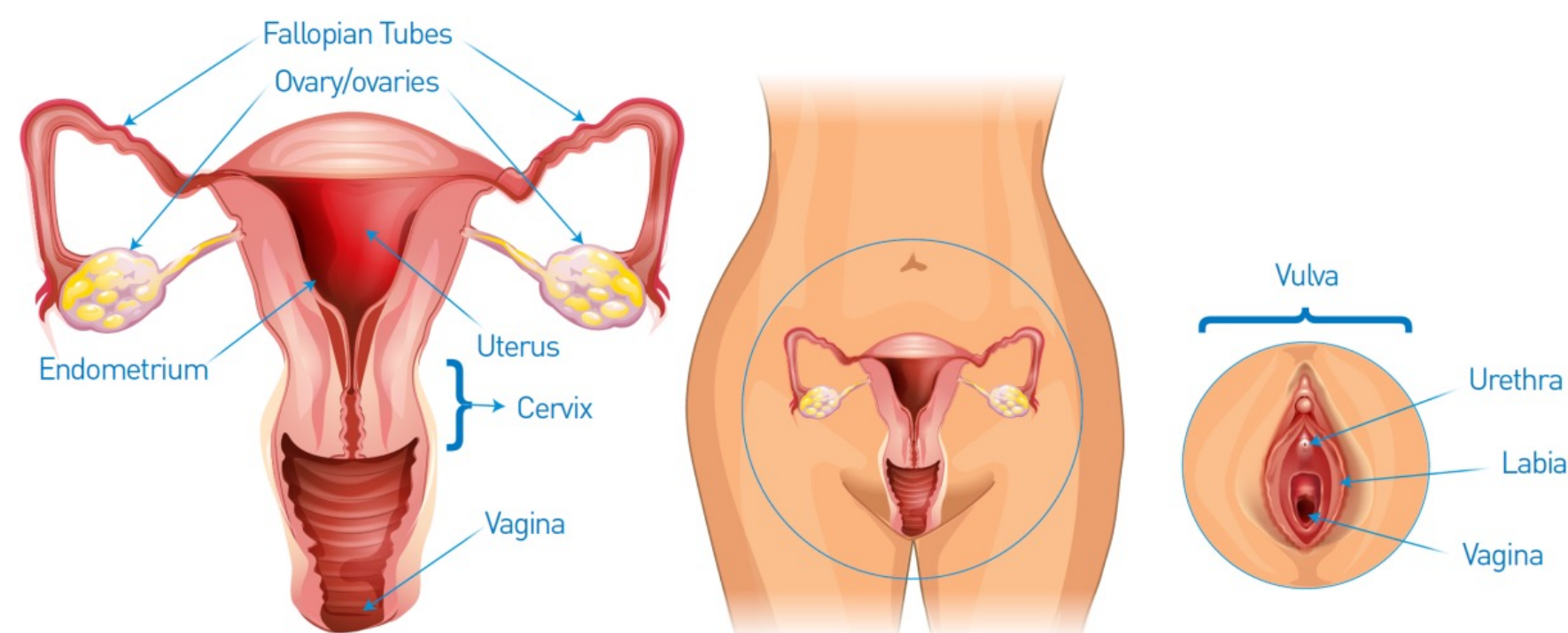
## Glossary of Terms

### 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.



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

