



# Starenje i žensko zdravlje

## Aging and women's health

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### Apstrakt

Klimakterijum kao prelazni period prelaska iz reproduktivne faze života u senijum traje prilično dugo i praćen je različitim akutnim, tranzitornim simptomima estrogenog deficita. Ovi simptomi su vazomotorni i psihološki. Senijum pak karakterišu trajni efekti estrogenog deficita koji se ispoljavaju involutivnim promenama na urogenitalnim organima, promenama u koži i kosi, osteoporozi i promenama u kardiovaskularnom sistemu.

Sve ovo umnogome narušava kvalitet života žene, pa je cilj ovog rada da se upoznamo sa efektima nedostatka ženskih polnih hormona i mogućnostima terapijskih postupaka, bilo da su oni vezani za hormonsku supstitucionu terapiju ili pak za nove metode dostupnih anti-aging i ostalih terapijskih programa. Takođe, cilj je i upoznavanje sa indikacijama i kontraindikacijama za terapijske procedure, kao i sa pozitivnim terapijskim, ali i mogućim neželjenim efektima.

Sa produženjem životnog veka, žena trećinu svog života provodi u stanju estrogenog deficita. Upravo zbog toga je od velikog socioekonomskog i medicinskog značaja tretman poremećaja i oboljenja uslovljenih menopauzom, kao i popravljjanje života žene i njenog zdravstvenog stanja u senijumu.

### Abstract

Menopause, as a period of transition from the reproductive phase of life to senium, lasts quite a long time and is accompanied by various acute, transient symptoms of estrogen deficiency. These symptoms are vasomotor and psychological. Senium, on the other hand, is characterized by lasting effects of estrogen deficiency, which are manifested by involutinal changes in the urogenital organs, changes in the skin and hair, osteoporosis, and changes in the cardiovascular system.

All this greatly impairs a woman's quality of life, so the aim of this paper is to get acquainted with the effects of female sex hormone deficiency and the possibilities of therapeutic procedures, whether they are related to hormone replacement therapy or new methods of available anti-aging and other therapeutic programs, getting acquainted with the indications and contraindications for therapeutic procedures, as well as positive therapeutic but also possible side effects.

As life expectancy increases, a woman spends a third of her life in a state of estrogen deficiency. Precisely because of that, the treatment of disorders and diseases caused by menopause is of great socio-economic and medical importance, as well as the improvement of a woman's life and her health condition in senium.