

*Effects of Hormones During
the Menopausal Years and
How to Deal with Them*

by Linda Minnick

*I will lift up my eyes to the mountains; from where shall
my help come? My help comes from the LORD,
Who made heaven and earth.*

Psalm 121:1-2

What are we talking about?

Definitions:

- **Menopause** – The period marked by the natural and permanent cessation of menstruation, occurring usually between the ages of 45 and 55. (American Heritage Dictionary)
- **Perimenopause** – This is the time you begin experiencing menopausal signs and symptoms, even though you still menstruate. Your hormone levels rise and fall unevenly, and you may have hot flashes and other symptoms. Perimenopause may last four to five years or longer. (www.mayoclinic.com)
- **Postmenopause** – Once 12 months have passed since your last period, you've reached menopause. Your ovaries produce much less estrogen and no progesterone, and they don't release eggs. The years that follow are called postmenopause. (www.mayoclinic.com)

1. Introduction of Panelists

Elaine Carter

Yvonne Farnsworth

Bonnie Merkle

Laura Polhamus

2. Symptomology of Panelists

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**Common (and not so common) symptoms
before, after, and during menopause**

Physical

- hot flashes
- insomnia
- extreme tiredness
- weight gain
- headaches
- anemia
- rapid heart beat

Emotional

- crying easily and often
- easily depressed
- flat emotionally
- panic attacks
- extreme anxiety
- fear of being alone
- easily irritable

Other

- Unusual memory failure
- difficulty thinking clearly
- hyper sensitive nerves
- unusual difficulty focusing mind
 - even on Bible reading, sermons, prayer, etc.

3. Did you realize at the time you were experiencing these things that they were related to hormone change? How did that affect the way you responded to them?

4. How have you learned to deal with the emotional issues? Did you experience feelings of guilt and how did you deal with them?

-spiritual helps

-practical helps

Scripture Passages that Helped Us

Yvonne Farnsworth

Jeremiah 31:3 I have loved you with an everlasting love.

Isaiah 43:1 But now, thus says the LORD, your Creator, [Yvonne], And He who formed you, [Yvonne.] "Do not fear, for I have redeemed you; I have called you by name; you are Mine!"

Mark 4:39 And He got up and rebuked the wind and said to the sea, "Hush, be still."

2 Corinthians 10:3-5 For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.

Psalms 33:4 For the word of the LORD is upright, and all His work is done in faithfulness.

Laura Polhamus

Psalms 42:5ff Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.

6 O my God, my soul is in despair within me; Therefore I remember You from the land of the Jordan and the peaks of Hermon, from Mount Mizar.

7 Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me.

8 The LORD will command His lovingkindness in the daytime; and His song will be with me in the night, a prayer to the God of my life.

9 I will say to God my rock, "Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?"

10 As a shattering of my bones, my adversaries revile me, while they say to me all day long, "Where is your God?"

11 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall yet praise Him, the help of my countenance and my God.

Psalms 139:14 I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, and my soul knows it very well.

Bonnie Merkle

Psalm 142:3 When my spirit was overwhelmed within me, You knew my path.

Hebrews 4:15-16 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Elaine Carter

Psalm 40:1 I waited patiently for the LORD; and He inclined to me and heard my cry.

2 He brought me up out of the pit of destruction, out of the miry clay, And He set my feet upon a rock making my footsteps firm.

3 He put a new song in my mouth, a song of praise to our God; Many will see and fear And will trust in the LORD.

11 You, O LORD, will not withhold Your compassion from me; Your lovingkindness and Your truth will continually preserve me.

12 For evils beyond number have surrounded me; My iniquities have overtaken me, so that I am not able to see; They are more numerous than the hairs of my head, And my heart has failed me.

13 Be pleased, O LORD, to deliver me; Make haste, O LORD, to help me.

17 Since I am afflicted and needy, Let the Lord be mindful of me. You are my help and my deliverer; Do not delay, O my God.

Psalm 73:21 When my heart was embittered and I was pierced within,

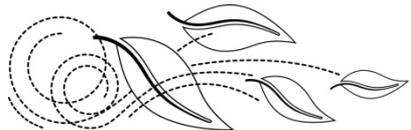
22 Then I was senseless and ignorant; I was like a beast before You.

23 Nevertheless I am continually with You; You have taken hold of my right hand.

24 With Your counsel You will guide me, and afterward receive me to glory.

25 Whom have I in heaven but You? And besides You, I desire nothing on earth.

26 My flesh and my heart may fail, But God is the strength of my heart and my portion forever.



The Medical Side

by Debbie Pruden

Hormones

They are what makes me me and you you. When God said we are *fearfully and wonderfully made*, He knew all about our hormones.

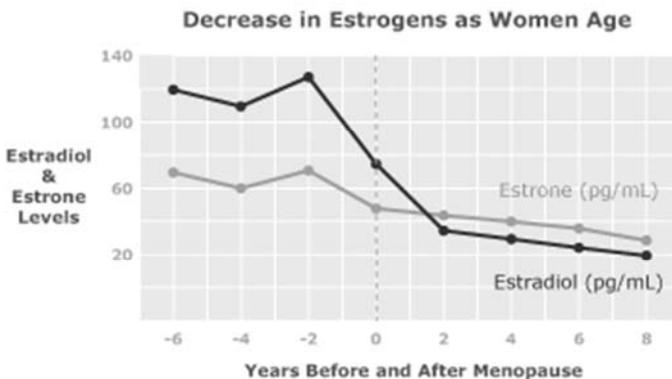
Hormones change daily and can vary from hour to hour – and I hate to inform you – even minute to minute. Women are often seen as being effected by their hormones. As a result they are said to be subject to hormonal “tides” or hormonal “storms”. Aren’t you glad we know the One who can calm the storm!!!

There are 67 hormones in our bodies all rising and falling at different times. Even the endocrinologists cannot explain all that is going on inside you as an individual every moment of the day. We are all unique with unique combinations of these hormones. For our concern here we only will mention a few.

- ✂ Estrogen – part of an entire class of hormones that include estriol, estradiol, estrone. This class of hormones is what makes us women or what gives us our feminine traits. Men also have estrogen in smaller amounts.
- ✂ Testosterone – yes, we have this too and it gives us sexual interest.
- ✂ Progesterone – causes moods and emotions but more importantly, the ability to have children.

We are a very complicated creation made by our Lord for His glory!

In this graph the most noticeable drop is BEFORE menopause, roughly about age 50. It continues to drop and then levels off nicely. Did I say I hate rollercoasters!



34 *Menopause Symptoms*

Menopausal symptoms affect about 70% of women approaching menopause. Typical menopause symptoms, such as hot flashes or night sweats, are caused by changing hormonal levels in the female reproductive system. Almost all women notice early symptoms while still having periods. This stage of gradually falling and fluctuating hormone levels is called perimenopause, which often begins in the early 40s.

The symptoms of menopause usually last for the whole menopause transition (until the mid 50s), but some women may experience them for the rest of their lives. The most common symptoms are: hot flashes, night sweats, irregular periods, loss of libido, and vaginal dryness. However, there are a variety of treatments that can be considered to deal with these symptoms.

List of the 34 menopause symptoms

Common Symptoms

1. Hot Flashes
2. Night Sweats
3. Irregular Periods
4. Loss of Libido
5. Vaginal Dryness
6. Mood Swings

Changes

7. Fatigue
8. Hair Loss
9. Sleep Disorders
10. Difficult Concentrating
11. Memory Lapses
12. Dizziness
13. Weight Gain
14. Incontinence
15. Bloating
16. Allergies
17. Brittle Nails

18. Changes in Odor
19. Irregular Heartbeat
20. Depression
21. Anxiety
22. Irritability
23. Panic Disorder

Pains

24. Breast Pain
25. Headaches
26. Joint Pain
27. Burning Tongue
28. Electric Shocks
29. Digestive Problems
30. Gum Problems
31. Muscle Tension
32. Itchy Skin
33. Tingling Extremities

Others

34. Osteoporosis

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