

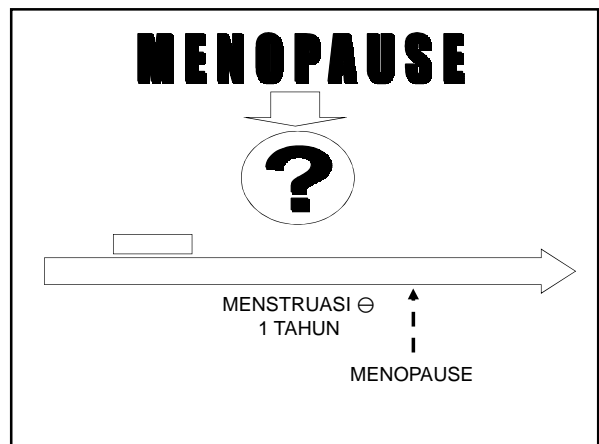
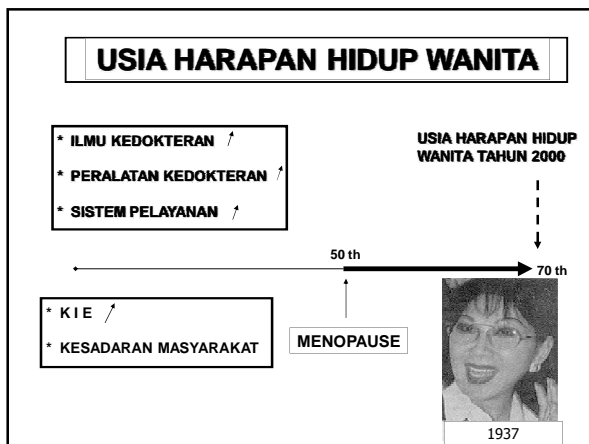
# MENOPAUSE

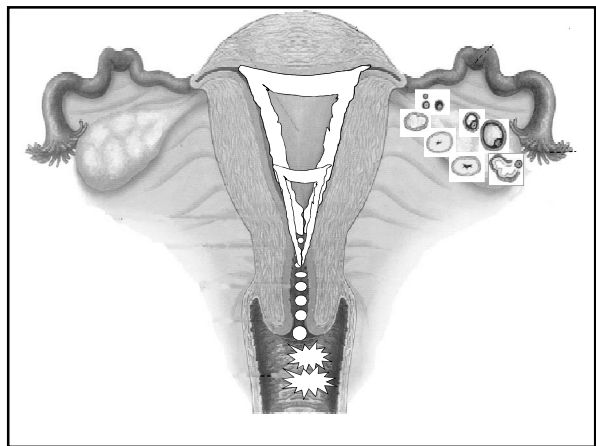
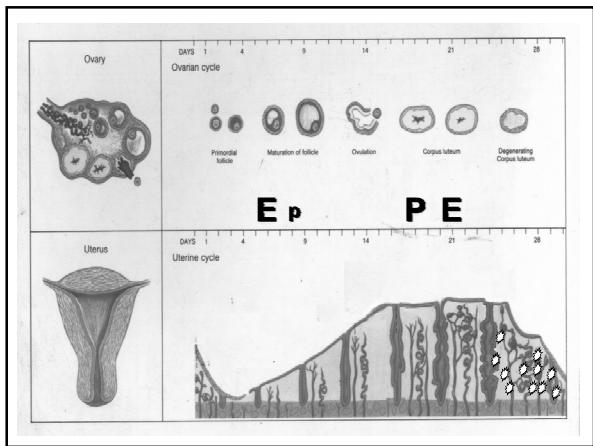
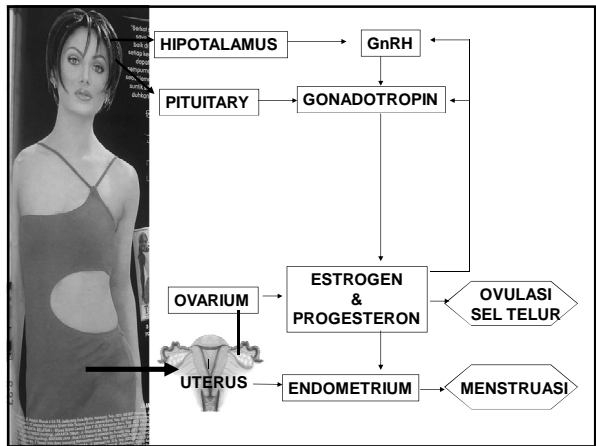
**MASALAH UTAMA PADA LANSIA**

KETIKA SEBUAH BIOLA  
MENGALUNKAN NADA SENYAP



**- DEGENERASI**  
**- KEGANASAN**



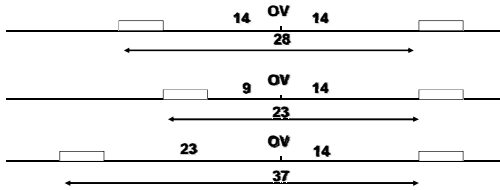


## MENSTRUASI NORMAL

**SIKLUS : 23 – 27 HARI**

**LAMA : 3 – 7 HARI**

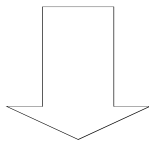
**JUMLAH : ± 80 ML**



## KELAINAN MENSTRUASI (GEJALA KLINIK BUKAN DIAGNOSA)

KELAINAN	I. SIKLUS	a. < 23 Hari (Polimenore) b. > 37 Hari (Oligomenore) c. > 3 bulan (Amenore)
	II. LAMA MENS	a. < 3 Hari b. > 7 Hari
	III. JUMLAH DARAH	> 80 CC (Menoragia)

**MENOPAUSE**

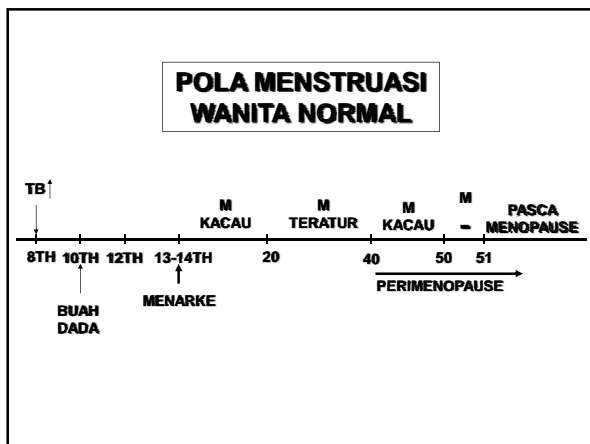
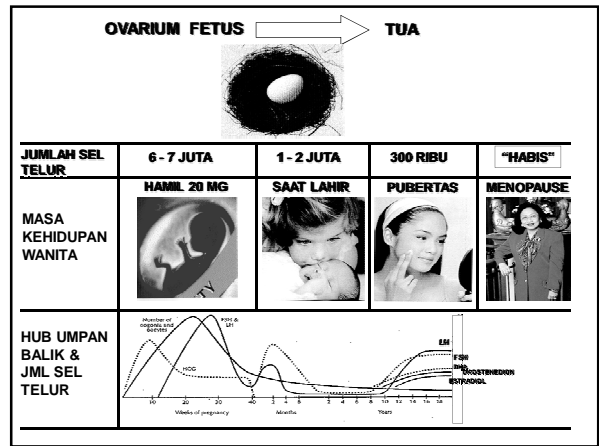
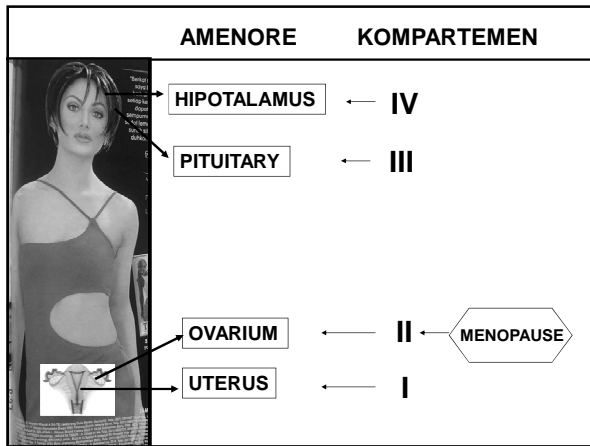


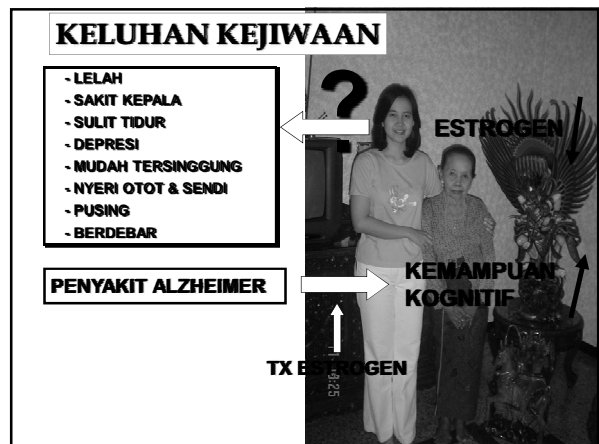
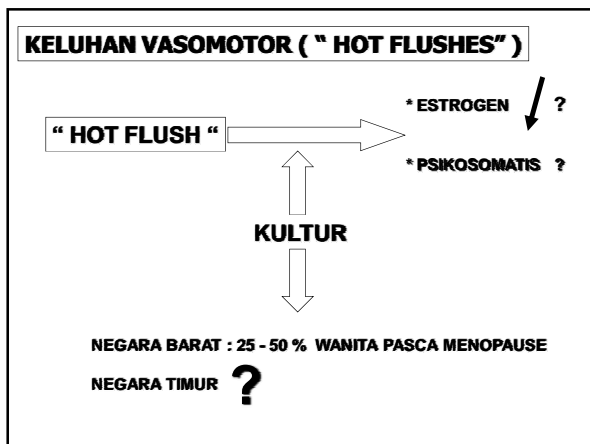
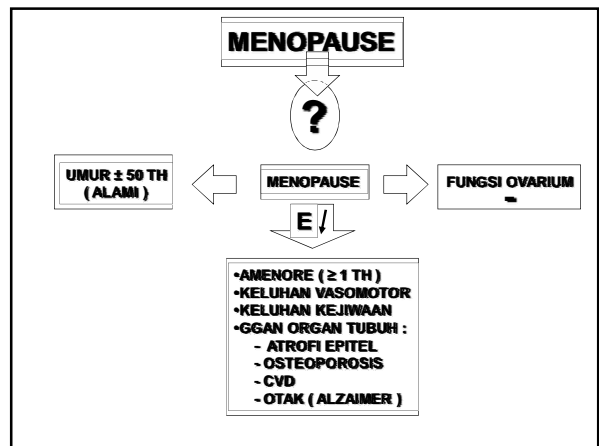
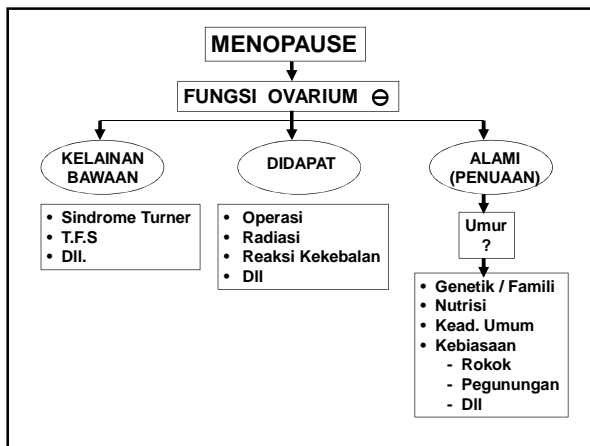
**AMENORE 1 TAHUN**

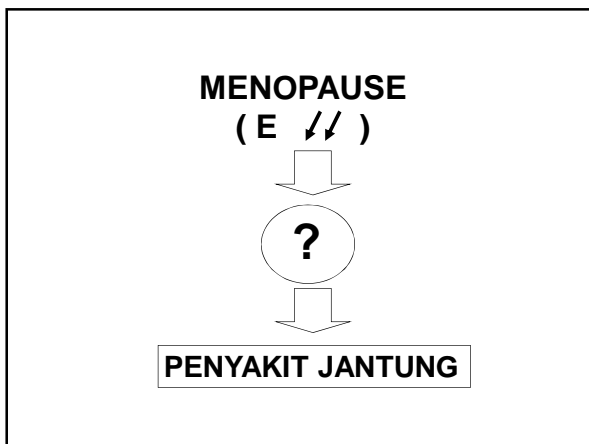
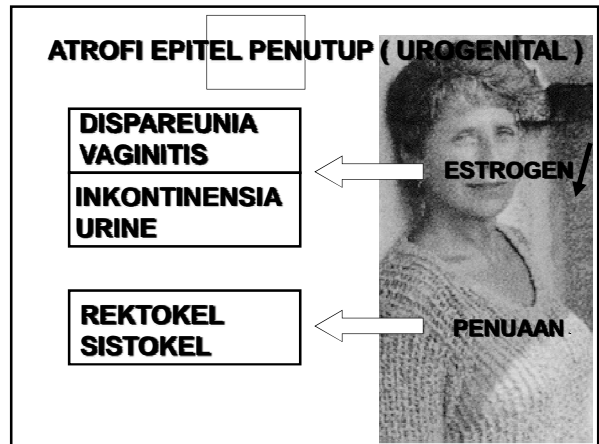
**AMENORE**



**?**







**KELAINAN KARDIOVASKULER**

WANITA MUDA	PASCA MENOPAUSE
- HDL ↑ (10 MG / DL > PRIA)	- HDL ↓    - KOLESTROL TOTAL ↑
- LDL ↓	- LDL ↑    - LP(a) ↑

↓

**PASCA MENOPAUSE PENYAKIT PEMBULUH DARAH KORONER ↑ 2X**

**ESTROGEN IBARAT API  
ADA KEBUTUHAN MINIMAL**



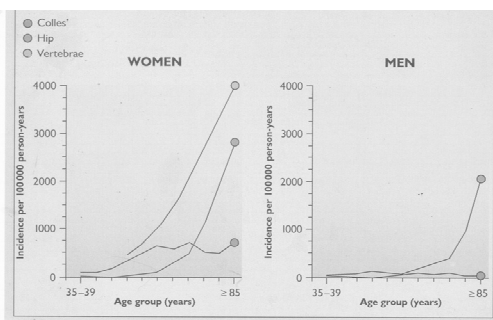
**MENOPAUSE  
( E // )**



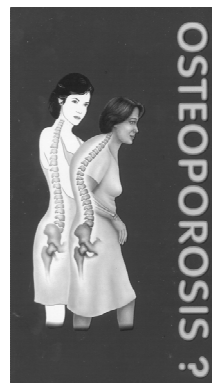
**OSTEOPOROSIS**



**?**



**Figure 1** Incidence rates for the three common osteoporotic fractures plotted as a function of age at time of fracture. Rates are much lower in men and occur at a later age than in women. (Reproduced with permission of authors and N. Engl. J. Med.<sup>17</sup>)



- **BUNGKUK**
- **PATAH TULANG PATOL**
- **VERTEBRA**
- **TANGAN**
- **FEMUR**



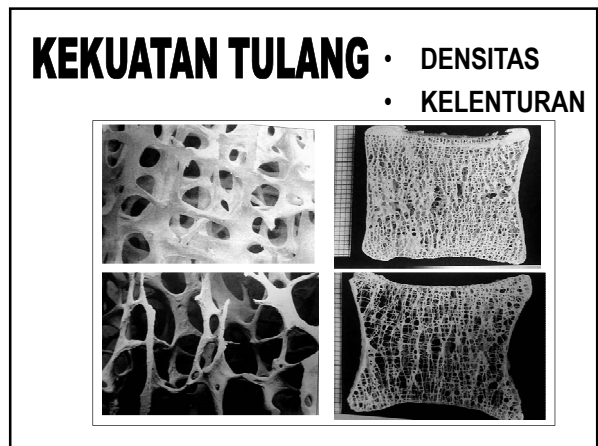
**WASPADA :  
FAKTOR RESIKO**

## OSTEOPOROSIS

**LINDSAY & HART (1984)**  
**120 WANITA PASCA MENOPAUSE : TX ESTROGEN**

↓  
**2 TAHUN**  
 ↓

CONJ. EQUINE ESTROGEN (MG/ HARI)	PENURUNAN DENSITAS TULANG (%)
1.25	0
0.625	0
0.3	5
0.15	8
KONTROL	8
0.3 + KALSIMUM 1500	0

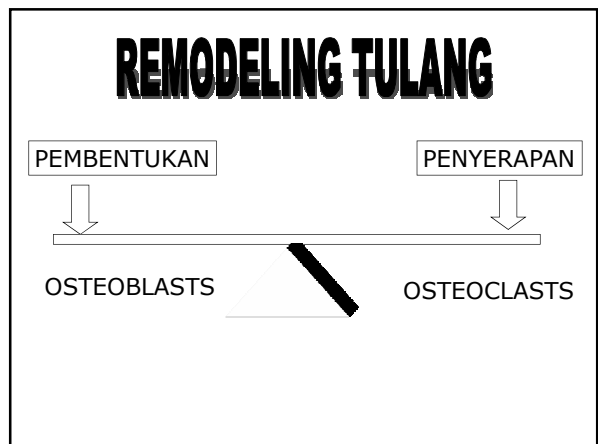


## OSTEOPOROSIS

Primer :   
 ↗ Tipe I - Hormon 53 - 57 tahun, 6 - 8 x  
 ↘ Tipe II : Senile 75 - 85 tahun, 2 x

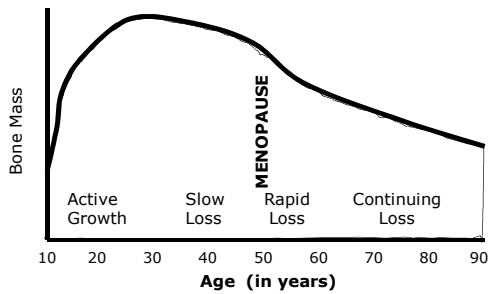
Sekunder : Pelbagai kelainan klinis

Wanita selama hidup kehilangan 40 -50%  
 Pria 20 -30% (massa tulang)



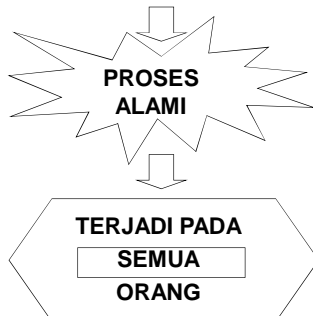


## UMUR DAN BONE MASS



- ❖ Aktifitas Fisik
- ❖ Matahari
- ❖ Asupan Kalsium
- ❖ Haid Teratur
- ❖ Ovarium Pertahankan
- ❖ Gaya hidup (Rokok, Alkohol //)
- ❖ Obat-obat yang turunkan massa tulang

## MENOPAUSE

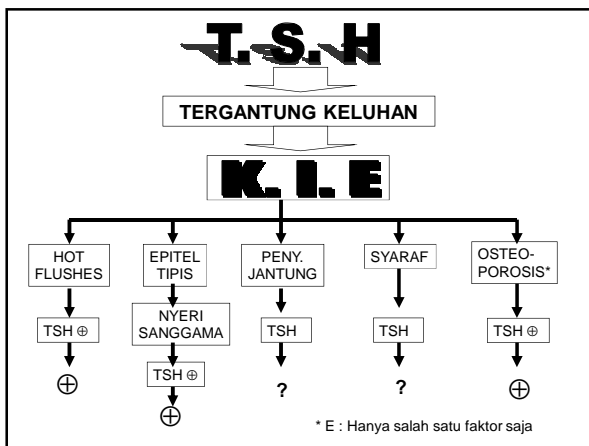
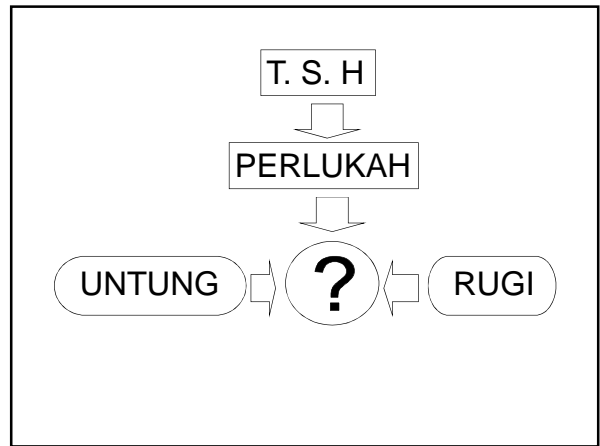
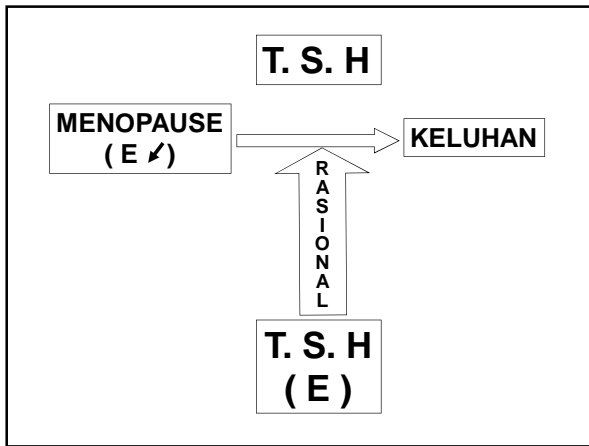


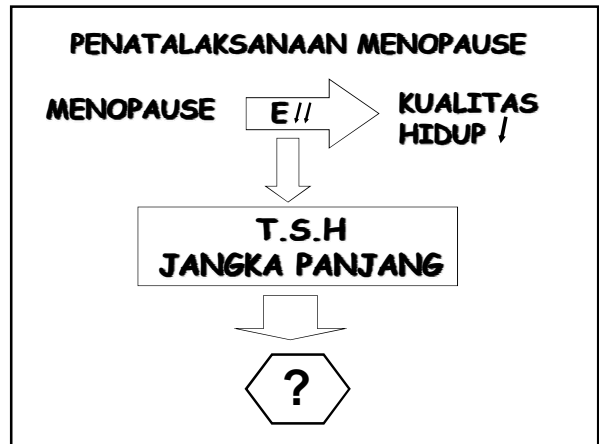
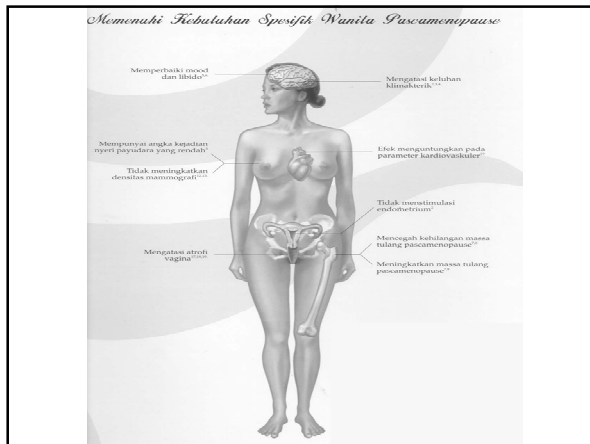
## BAGAIMANA

DENGAN

TERAPI SULIH HORMON







- Masalah Fitoestrogen**
- Estrogen tumbuhan
  - Mengikat receptor estrogen
  - Efek pada tulang cukup baik
  - Keluhan klinis menopause — ok
  - Kualitas hidup meningkat
  - Bisa ditanam di Indonesia
  - Gabung dengan Kalsium - Senam B

PENCEGAHAN  
JAUH LEBIH MURAH & BAIK  
DIBANDING  
PENGOBATAN

