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Education On Hormonal Changes During Perimenopause and Menopause in Japan in 2025

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Abstract

The Background: Hormonal changes that occur in women during perimenopause and menopause can have various impacts on physical and psychological health. A lack of understanding of these changes can lead to unpreparedness in dealing with the symptoms that arise. Therefore, this community service activity aims to provide education to premenopausal and menopausal women to better understand the hormonal changes that occur and strategies for managing them. The method used in this activity was direct counseling through seminars and interactive discussions. The material presented covered hormonal changes, their impact on health, and steps that can be taken to address the symptoms that arise. Evaluation was conducted using questionnaires before and after the activity to measure participants' understanding. The results of the activity showed a significant increase in participants' knowledge of the hormonal changes that occur during perimenopause and menopause. Participants were also better prepared to deal with the symptoms that arise and understood the importance of maintaining a healthy lifestyle. In conclusion, education about hormonal changes in premenopause and menopause is crucial for increasing women's awareness and preparedness in facing this phase. Similar activities need to be continued to have a broader impact on improving the well-being of older women.

Keywords: Education, Hormonal, Perimenopause, Menopause.

Introduction

Menopause is a crucial phase in the lives of Japanese women, with life expectancy expected to reach 82.84 years in 2025. Hormonal transitions during premenopause and menopause significantly impact physical and mental health, particularly in the context of an aging population that comprises 47.2% of Japanese women [5]. Decreased estradiol and increased follicle-stimulating hormone (FSH) levels during the transition lead to changes in lipid metabolism, increased cardiovascular risk, and decreased bone density [1]. The SWAN study revealed a heterogeneous pattern of hormonal fluctuations, with 44.5% of women experiencing an increase in estradiol 5.5 years before final menopause (FMP), followed by a drastic decline [1]. This hormonal pattern correlates with an increase in LDL-C to 130 mg/dL and thickening of the carotid intima-media during the late perimenopausal phase. In Japan, hormone therapy was used by only 1.2% of menopausal women in 1995, much lower than in Western countries [5]. Although recent research has shown the effectiveness of Kamishoyosan as a traditional medicine for vasomotor symptoms [8].

Changes in the microbiota during menopause also exacerbate health conditions. Decreased estrogen causes increased oral pH acidity and vaginal dysbiosis, increasing the risk of osteoporosis and periodontal disease. A study in Tokyo found a significant correlation between increased urinary FSH and decreased glomerular filtration function in postmenopausal women. This condition is exacerbated by a modern urban lifestyle that increases the prevalence of obesity and metabolic syndrome.

The psychological impact of menopause in Japan is reflected in studies that found an association between decreased estrogen and increased depression and anxiety scores. The low use of hormone replacement therapy (HRT) in Japan is due to concerns about side effects and a preference for traditional medicine. Research Recent clinical studies have shown that Kamishoyosan significantly reduces hot flashes and sleep disturbances through modulating the autonomic nervous system.

Research in the field of hormone-microbiome crosstalk has revealed the role of the estrobolome in conjugated estrogen metabolism. These findings open up the possibility of probiotic therapy to address postmenopausal estrogen deficiency. In Japan, a holistic approach combining conventional therapy with Kampo medicine is expected to become a major trend in menopause management by 2025.

Multidisciplinary research is needed to develop menopause management protocols tailored to Japanese genetic and cultural characteristics. Longitudinal analysis of the interaction between dietary patterns, physical activity, and hormonal profiles in the Japanese geriatric population is a top priority in the 2025 women's health research agenda.

Method

The activity was conducted on February 23, 2024, in Chiba Village, Japan, targeting housewives, workers residing in Japan, students, and other individuals. The methods used in this activity include proposal preparation and submission, outreach, Q&A sessions, evaluations, and door prizes. The materials provided include health seminars, healthy lifestyle training, and medical consultations involving healthcare professionals.

The community service activity included education and discussions related to the preparation of a leaflet entitled "Hormonal Changes in Premenopause and Menopause." The materials, tools, or instruments used in this community service activity were:

1. Materials
2. Attendance
3. LCD
4. Laptop
5. Leaflet

This activity was held on February 23, 2024, with the following stages:

1. Opening and Welcome
2. Attendance check-in
3. Distribution of leaflets to all participants
4. Presentation of material on Hormonal Changes during Premenopause and

Menopause.

5. Closing and social gathering.

Results

The Cibha community service program was held on February 23, 2024, with a total of 30 participants from the Chiba Muslim women's study group. The education program, focusing on premenopausal and menopausal hormonal changes, aimed to increase awareness and preparedness for menopause.

The educational program was held at a predetermined location. The educational activities included:

1) Introductions between the community service providers and participants;
2) Providing information/education on premenopausal and menopausal hormonal changes;
3) Discussion and Q&A sessions; and
4) Distribution of souvenirs.

The information provided on the topic of premenopausal and menopausal hormonal changes included an explanation of their meaning, the phases they undergo, and the symptoms they typically experience. The discussion and Q&A sessions demonstrated the participants' enthusiasm, as evidenced by the numerous questions they asked.

Discussion

Perimenopause and menopause are important phases in a woman's life, marked by significant hormonal changes. Declining estrogen and progesterone levels cause a

variety of physical and psychological symptoms that impact quality of life. Understanding these changes can help women better prepare for this transition and take steps to maintain long-term health.

During the discussion, several questions were raised, including one addressed to group 2 from questioner Mrs. Ida (PMC): "At what age does menopause occur?" The answer is: "Menopause is the cessation of menstruation for 12 consecutive months due to the ovaries not ovulating. This usually occurs between the ages of 45 and 55. During this phase, the production of estrogen and progesterone by the ovaries decreases drastically."

Conclusion

Premenopause and menopause are natural phases in a woman's life characterized by significant hormonal changes. Declining estrogen and progesterone levels affect various aspects of health, including the reproductive system and metabolism. Therefore, a good understanding and implementation of appropriate strategies are essential for managing emerging symptoms.

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