

INTISARI

Peningkatan harapan hidup membuat menopause menjadi fenomena baru, banyak masalah yang dihadapi wanita pada masa ini, khususnya problem seputar seksual sebagai salah satu efek penurunan hormon seksual. Hormon seksual berperan dalam kehamilan, menstruasi dan fungsi tubuh termaksud urogenital dan tulang.

Keluhan – keluhan yang timbul pada menopause berhubungan dengan kekurangan hormon estrogen . Perubahan –perubahan tubuh juga ikut dipengaruhi oleh penurunan hormon disamping karena faktor usia yang mengakibatkan terjadinya perubahan fungsi terutama yang terkait dengan aktivitas seksual.

Wanita yang menghadapi menopause memerlukan dukungan untuk melampaui masa ini dan perlu adanya perubahan diet dan olahraga, serta pengenalan terapi sulih hormon dan pengetahuan seputar menopause agar dapat mempersiapkan diri menghadapi problem yang muncul saat menopause.

Sebagian besar keluhan disebabkan kekurangan hormon, maka perawatan yang dipilih adalah sulih hormon disamping perawatan causatif. Dalam terapi sulih hormon digunakan estrogen, progesteron dan testosteron. Testosteron diberikan bila kehilangan libido, diberikan setelah kausa utama diatasi. Progesteron berfungsi sebagai penyeimbang

ABSTRACT

The increasing of life expectancy makes menopause as a new problem. Many problems were faced by women in this moment specially about sexual problem as an effect of declining sexual hormone. Sexual hormone participates in pregnancy, menstruation and body included urogenital a and bone.

Some complaints that appeared in menopause are related to the declining of estrogen. Body changes were also influenced by the decline of hormone beside of age factor that cause the function change in sexual activities.

The menopause women need support through this moment, diet change, physical exercise change, introduction of hormone replacement therapy and understanding about menopause in order to prepare themselves facing the problem which are arisen when menopause came.

The mainly complaints that were arisen are cause by the hormone decline. The prime therapy that could be done was hormone replacement therapy beside of causative therapy. This hormone replacement therapy used three hormones i.e. estrogen, progesterone and testosterone hormone. The estrogen and progesterone are given together because the progesterone is used for balancing the estrogen. Testosterone is given when the libido was lost and after the prime cause was being solved formally. Hormone replacement therapy was not be used if the cause of the problem was not being solved.