

Menopause and aesthetic medicine: psychological and affective aspects in the female climaterio

It happens and it is a common experience for all women aged 45 and up. In some cases it is even anticipated. The causes and reasons of an early menopause are widely described in medical and psychology treatises indicating respectively noteworthy factors.

Menopause in medicine means the period of a woman's life in which menstruation ceases and physiological changes occur due to the reduction of the production of estrogen hormones by the ovaries.

In the psychological changes are reported symptoms whose derivation could also refer to a reaction of the physical symptoms that accompany this period. Among the most frequent ones we can notice the diminution of memory, the reduction of concentration, the ease of crying, anxiety, melancholy, fixations, instability, excess of fear and loss of interest in sex.

Described as in this way, the menopause appears as a kind of punitive catastrophe that is unleashed on the woman without remedy, irreversible, annoying and useless like all the experiences to which, as women, we would prefer not to take part.

Yet, in the evolutionary-cognitive-attachment perspective the menopause is considered a necessary stage of development in which the mind and the body contribute to implement an adult conversion of differentiated interests, no longer aimed at caring for others as children, etc. but more as of the discovery or rediscovery of the needs of the self (ego).

It is as if nature had organized, referring to human life, a new phase, of learning, assimilation, adjustment and production in which stability is also given precisely by being able to stop and then resume the journey in other more suitable and appropriate directions.

One of the more specific psychological functions of menopause is then to necessarily induce those who are experiencing it to think and meditate on such change. From this point of view the menopause, in fact, fully reflects the psycho-physical turbulence of those who are about to change course. Although it may seem paradoxical, it is however quite possible that an area of the female personality bases its balance on how it managed to experience the appearance and disappearance of menstruation.

Doing, knowing how to do, knowing how to be, could be a mental warning that could accompany the behavior and the emotions from the age of 45 onwards. And the rediscovery of the personal needs of self-fulfillment who were previously sacrificed for the needs of others, children, family, etc., could finally be the new possible path without the risk of having yet to reproduce in a gynecological sense.

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