

Menopause health program



The word “menopause” is commonly used to describe the time in a woman’s life that usually happens between the ages of 45 and 55 when fertility and menstruation end. It is justified to pay a lot of attention to the menopausal period, as this can be quite dramatic. Many changes occur: hormonal, physical, mental, and emotional and an obvious and inevitable sign - the end of menstrual cycles. To increase our self-confidence and well-being we need to know what is going on in our body. Thus, we will be able to understand that the mechanism of menopause is completely normal.

Therefore, every woman is advised to have an examination by a specialist gynecologist at the first signs of menopausal changes. It is for this purpose, we have prepared a preventive Menopause health program, with the help of an expert in the field; to understand which signs are due to natural aging, how to slow down aging, what we can directly influence, understand our physical condition, which problems can be successfully treated and which can be alleviated with the right preventive measures.

1. Laboratory examination of urine

Urinary Excretion is important for many bodily functions. With urinating we dispose of waste materials that are generated during metabolic processes. The presence of certain substances in the urine gives us information about urinary tract infection, kidney infection or systemic diseases.

2. Laboratory blood tests

Laboratory blood tests are one of the most important steps we can take to prevent life-threatening diseases. The results can help detect hidden health problems in the early stages when treatment is still possible and effective.

2.1. HEMOGRAM, DKS and SR

Presence of anemia, infection, leukemia and other hematological disorders. Helps diagnose conditions with acute or chronic inflammation (infections, cancer or autoimmune diseases).

2.2. CRP

C-reactive protein indicates systemic inflammation in the body. The inflammatory process is one of the key reasons for the development of metabolic changes, including diabetes. Persistently elevated CRP values are an important early indicator for many diseases.

2.3. Liver tests - AST, ALT, Gamma GT, bilirubin, protein, albumin

Liver tests are intended to diagnose and monitor liver disease or damage and to evaluate liver function.

2.4. Glucose

Blood glucose is one of the basic indicators of diabetes. Diabetes is one of the most common chronic diseases that can be prevented in many cases if detected early enough.

2.5. Urea, creatinine, urate

By determining the values, urea, creatinine, and urate, we can evaluate the function of the kidneys, make diagnoses of many kidney diseases and some liver diseases.

2.6. Cholesterol, HDL-cholesterol, LDL-cholesterol, triglycerides

Blood cholesterol can be used to assess the risk of cardiovascular disease and heart and stroke.

2.7. Sodium, Potassium, Chlorides, Magnesium, Calcium

Electrolytes and minerals are important for the balance of body fluids, muscle and nerve function and regulation of blood pressure.

2.8. Iron and ferritin

Iron is important for detecting anemia. Iron deficiency leads to anemia.

2.9. Reproductive system

- FSH - Follicle-stimulating hormone

Follicle-stimulating hormone (FSH) is crucial for the reproductive system - for the growth of ovarian follicles. The follicles produce estrogen and progesterone in the ovaries and regulate menstrual cycles. Elevated FSH levels are an indication of reduced ovarian function and are a sign of menopause. In men, FSH is important for glandular development and sperm production. In children, it is used to detect premature or delayed puberty.

- LH - Luteinizing hormone

Luteinizing hormone (LH) is important in both the male and female reproductive systems. LH plays a role in puberty, menstruation and is important for male and female fertility.

It stimulates the production of other important hormones (estradiol, progesterone ...) and promotes ovulation in women. As a rule, LH is checked together with FSH. It affects the function of the ovaries, its value in the blood also depends on the phase of the menstrual cycle. If it is elevated and FSH is within normal limits, it is most likely polycystic ovary syndrome. At the same time, elevated LH and FSH indicate premature ovarian depletion.

2.10. Estradiol

Estradiol is primarily a female sex hormone.

Estrogens are crucial for the development and proper functioning of the reproductive system, including the growth of the breast, uterus, menstrual cycle regulation, and very crucial for heart health. Estradiol (a type of estrogen) helps control fat distribution and is crucial for bone and joint health in women. In men, too low or too high estradiol levels lead to health problems. A small amount of estradiol is released in the testicles and prevents the destruction of sperm.

2.11. Testosterone

Testosterone is primarily a male sex hormone, but it is important for a woman’s overall health.

In men, a drop in testosterone causes a lack of energy, increased loss of muscle and concentration, an increase in body fat, reduced endurance, and leads to erectile dysfunction. Testosterone is important for women as it plays a role in building muscle, building bone, reducing body fat and is crucial for heart health. In women, it can reveal the cause of virilization, infertility, or polycystic ovary syndrome.

2.12. Progesterone

A progesterone test is often performed to determine the cause of infertility, monitor ovulation, to diagnose an ectopic or failed pregnancy, and to detect the cause of abnormal uterine bleeding. Progesterone maintains blood vessel health, maintains bone density, helps regulate blood sugar, prevents arterial spasms, promotes well-being, and prevents breast, ovarian, and bowel cancers.

2.13. Thyroid function

- TSH - thyroid stimulating hormone

TSH testing is often performed preventively to detect thyroid dysfunction. Thyrotropin, thyroid-stimulating hormone or thyroid-stimulating hormone (TSH) stimulates thyroid function. Measuring TSH helps us to assess thyroid function.

- FT3 - Triiodothyronine and FT4 - Triiodothyronine

Triiodothyronine (T3) and triiodothyronine (T4) are hormones produced by the thyroid gland. They are key to:

- regulation of body temperature,
- heart rhythm and
- metabolic processes.

The examination helps to give an assessment of the thyroid gland and to determine the type of thyroid disease.

2.14. DHEA-s - adrenal hormone

Dehydroepiandrosterone sulfate (DHEA-S) is an adrenal hormone. It is produced in small amounts in the testes and ovaries. It is used to rule out certain diseases of the testicles or ovaries and to diagnose hirsutism and virilism.

In addition, it is important in the diagnosis: hyperprolactinaemia, polycystic ovary syndrome and for the exclusion of adrenal tumors.

2.15. Cortisol

Cortisol is a hormone that contributes to many bodily functions and plays a vital role in the body's response to stress. It raises blood sugar levels and increases the body's resistance to insulin. It also increases fat storage, which is a common cause of obesity, despite sufficient physical activity and proper nutrition. Cortisol levels help us assess adrenal function and are an indicator of Addison's disease and Cushing's syndrome.

2.16. Vitamin D

Vitamin D is important for: bone health, brain function and for boosting the immune system. It reduces the risk of developing chronic diseases, high blood pressure and cancer.

Vitamin D deficiency, at any stage of life, greatly impairs health.

2.17. Vitamin B12

Vitamin B12 and folate are two important vitamins (part of the B complex) that are essential for normal: red blood cell formation, thyroid function, regeneration, maintaining nerve membrane integrity, and for proper brain function.

A laboratory blood test for Vitamin B12 helps us detect: vitamin B12 deficiency, pernicious anemia (a medical condition that causes poor B12 absorption), neuropathy (nerve damage), Crohn's disease, and celiac disease.

2.18. Tumor markers CEA, CA19-9, CA15-3 and CA 125.

The CEA tumor marker is intended for early detection of: colon cancer, liver cancer, and pancreatic cancer.

Tumor marker CA19-9 is used as an additional test for early detection of cancer: pancreatic cancer, gallbladder cancer, bile duct cancer, and liver cancer.

The tumor marker CA 15-3 is most commonly performed as an additional examination in a clinical breast examination, breast ultrasound, or mammogram.

It helps to detect tumor processes that occur in the breast.

CA 125 (breast cancer and ovarian cancer) is one of the tumor markers commonly used as a preventive test to detect ovarian cancer in women.

Ovarian cancer or. ovary is the eighth most common cancer in women and the 18th most common cancer in general.

3. Body mass index (BMI)

Body mass index (BMI) is a measurement of a person's relationship between body weight and height. A BMI of 30 or more indicates obesity. Obesity is associated with chronic conditions such as heart disease, diabetes, and some cancers.

4. Consultation with a dietitian-nutritionist with the help of an advanced Tanita body mass analyzer

Muscle, fat, bone, and water carry electricity to varying degrees. The Tanita device sends an imperceptible electric current (bioelectrical impedance) through the body, and based on the obtained results, the dietitian-nutritionist makes an appropriate analysis of the individual.

The Tanita analyzer shows you:

- weight,
- % fat,
- fat mass,
- abdominal fat level (visceral fat),
- muscle mass,
- bone mass,
- extra-cell water,
- intra-cell water,
- ECW / TBW ratio,
- basal metabolism -
- BMR, body mass index -
- BMI, segment analysis, and
- phase angle.

5. Clinical breast examination and ultrasound

A specialist performs a clinical breast examination and breast ultrasound.

About 1,300 women and 30 to 40 men are diagnosed with breast cancer each year.

Breast ultrasound is most commonly used to diagnose palpable hardening in women under the age of 40 or as an additional mammogram.

Breast ultrasound helps determine the size and location of any lump, and helps distinguish cysts from tumors.

Breast ultrasound is also recommended for all women under the age of 40 as a preventive examination.

6. Gynecological (transvaginal) ultrasound

Gynecological ultrasound or Transvaginal ultrasound is a type of pelvic ultrasound that a doctor performs to examine the female reproductive organs: uterus, fallopian tubes, ovaries, cervix and vagina.

Unlike conventional abdominal or pelvic ultrasound, where the ultrasound probe rests on the outside of the pelvis, the gynecologist will insert the ultrasound probe into the vagina allowing for a more accurate examination of the changes:

- in the uterus (fibroids, congenital anomalies, adenomyosis),
- on the ovaries (cysts, endometriomas, hemorrhoids, polycystic ovaries).

7. Densitometry - measuring bone density

Bone density is measured as prevention to osteoporosis.

Osteoporosis, which means porous bones, is a disease in which bone density drastically decreases. It is part of the natural aging process, which begins quietly and gradually, and shows NO symptoms.

The main purpose is to prevent bone fractures, where women are most at risk after the age of 50 or. after the onset of menopause.

Densitometry is the name of a test used to measure bone mineral density. It is a safe radiological examination that quickly and accurately measures bone density. The measurement is painless, harmless, and the amount of radiation present is less than the daily one you get from outside.

We also give appropriate instructions for the prevention of osteoporosis, as well as advise appropriate therapy.

The examination is performed by a radiological engineer or a specialist radiologist or orthopedist.

8. In-depth consultation with a gynecologist

Based on all previously performed examinations and tests, the gynecologist conducts a final interview and gives a final assessment and opinion on the health condition of the individual.

The gynecologist will talk to you and advise you on:

- proper nutrition
- proper and appropriate physical activity
- the results of your hormonal tests and possible hormonal problems
- possible risks for various diseases and appropriate diagnostics.

Price: 660 €

Preventive specialist examinations are adjusted according to specific jobs or specific requirements of the individual or company (adverse physical or chemical influences and other health hazards).

We can prepare different combinations of health examinations.

For any additional questions we are available at:

Tel.: 01/2000 910,

e-mail: diagnostika@diagnostika-clarus.si or mdps@diagnostika-clarus.si

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