

## Menopause: What Every Woman Should Know

Menopause is a normal, natural transition in a woman's life. It marks the end of menstrual cycles and typically occurs between the ages of 45 and 55. This stage begins when the ovaries stop producing estrogen and progesterone, leading to changes throughout the body. Understanding what to expect — and how to manage it — can make the transition smoother and healthier.

Many women experience Perimenopause - the transitional phase that can begin years before their final period. This is often when symptoms first appear.

### What Are the Types of Menopause?

- **Natural Menopause** — Occurs gradually with age, typically between 45-55 years.
- **Premature Menopause** — Happens before age 40 due to genetics, autoimmune issues, or unknown causes.
- **Surgical Menopause** — Triggered by the removal of the ovaries or uterus.
- **Induced Menopause** — Caused by chemotherapy, radiation, or certain medications.
- **Perimenopause** — Transitional phase before menopause with fluctuating hormones.
- **Postmenopause** — Life stage after menopause, often with lingering symptoms and health risks.



### Common Symptoms to Watch For:

- Hot flashes and night sweats
- Irregular or missed periods
- Mood swings, anxiety, or depression
- Vaginal dryness and discomfort during intercourse
- Sleep disturbances and fatigue
- Memory lapses or "brain fog"
- Weight gain and joint pain

Every woman's experience is unique — some have mild symptoms, while others notice significant changes.

### Are There Any Health Risks Related to Menopause?

Yes. The decline in estrogen levels can increase the risk of several long-term health conditions:

- **Heart disease:** Estrogen helps protect the heart; its loss raises cardiovascular risk.
- **Osteoporosis:** Bone density decreases, increasing the risk of fractures.
- **Urinary incontinence:** Weakened pelvic muscles and thinning tissues can cause bladder issues.
- **Weight gain & metabolic changes:** Slower metabolism can lead to abdominal fat deposition.
- **Cognitive changes:** Memory lapses and difficulty concentrating may occur.
- **Sexual health concerns:** Vaginal dryness, discomfort, and reduced libido are common.



### When Should You See a Doctor?

If you're navigating menopause and feeling unsure about what's normal or how to manage the changes, it's a good time to speak with a specialist.

Even though menopause is a natural transition, the physical and emotional shifts can be overwhelming. If your symptoms are affecting your daily life, relationships, or overall well-being, medical guidance can make a significant difference.

### Remember:

Menopause is not a decline — it's a new chapter. With awareness, healthy habits, and the right medical guidance, women can navigate this phase with strength and confidence.



## OBSTETRICS & GYNAECOLOGY DOCTORS



### Dr. Malgorzata Sinclair

Consultant & Head of Obstetrics & Gynaecology

MD, MBChB, MMed (Ob/Gyn), Dip Obst (SA), ASCCP, FCCS

**Speciality:** Obstetrics and Gynaecology

**Over 34 years of clinical experience**



### Dr. Talat Masroor

Consultant - Obstetrics and Gynecology  
MBBS, MRCOG (London), FRCOG (London)

**Speciality:** Obstetrics and Gynaecology

**Over 30 years of clinical experience**



### Dr. Lalitha Kamini

Specialist - Obstetrics and Gynaecology  
MBBS, DGO, MD, FRCOG (London)

**Speciality:** Obstetrics and Gynaecology

**Over 36 years of clinical experience**

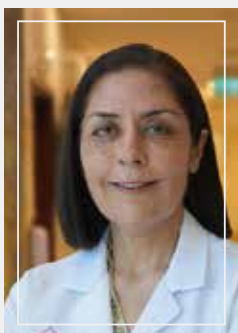


### Dr. Nazli Tariq

Specialist - Obstetrics and Gynaecology  
MBBS, MCPS (PAK), FCPS (PAK)

**Speciality:** Obstetrics and Gynaecology

**Over 17 years of clinical experience**



### Dr. Aliya Khurram

Specialist - Obstetrics and Gynaecology  
MBBS, FCPS (Pakistan)

**Speciality:** Obstetrics and Gynaecology

**Over 17 years of clinical experience**



### Dr. Nilescha Chitre

Specialist - Obstetrics and Gynaecology  
MBBS, DGO, DNB, Professional Diploma in Ob/Gyn by Royal College of Physicians, Ireland, Diploma in Advanced Laparoscopy in Gynaecology (Germany), Master Certification in Cosmetic Vaginal Surgeries (ECAM), Master Certification in Urogynaecology, Uro Obstetrics & Urodynamics recognized by NHS UK

**Speciality:** Obstetrics and Gynaecology

**Over 25 years of clinical experience**



### Dr. Faiza Nawaz

Specialist - Obstetrics and Gynaecology  
MBBS, FCPS-Ob/Gyn (Pakistan), MRCOG (UK)

**Speciality:** Obstetrics and Gynaecology

**Over 11 years of clinical experience**



### Dr. Shaimaa Mohamed Ezzeldin Mahmoud

Specialist - Obstetrics and Gynaecology  
MBBCh, MSc, MRCOG

**Speciality:** Obstetrics and Gynaecology

**Over 8 years of clinical experience**



## WELCOME NEW DOCTORS



### Dr. Jaspreet Kaur

Specialist - Internal Medicine  
MBBS, MD (Internal Medicine)

**Over 5 years of clinical experience**

#### Specializations:

- Diabetes, hypertension, obesity and their complications
- Endocrine & hematological disorders: thyroid diseases, anemia, and related conditions
- Cardiovascular problems
- Gastrointestinal disorders: gastritis, IBD, IBS, pancreatitis, and liver diseases
- Respiratory and infectious diseases
- Rheumatology: autoimmune and inflammatory disorders
- Nephrology: acute kidney injury (AKI) and chronic kidney disease (CKD)



### Dr. Lakshay Sehgal

Specialist Anesthesiologist  
MBBS, DNB Anesthesiology,  
D.M. Cardiac Anesthesia

**Over 8 years of clinical experience**

#### Specializations:

- Cardiac, general, and regional anesthesia for adults, pediatrics, and neonates
- Anesthesia management for high-risk and complex surgical cases
- Critical care and emergency response in the OR and ICU
- Point-of-care ultrasound and echocardiography
- Management of extracorporeal life support services
- Patient-centered counseling on anesthesia options with clear communication and reassurance



### Dr. Fatma Ezzat

Specialist Psychiatrist  
MBBS, Master's Degree in Neuropsychiatry

**Over 10 years of clinical experience**

#### Specializations:

- General adult psychiatry
- Addiction psychiatry
- Psychosomatic disorders
- Personality disorders
- Psychotherapy
- Anxiety disorder
- Phobias
- Depression
- Cognitive behavioral therapy
- Dialectical behavioral therapy
- Acceptance and commitment therapy
- Relationship problems & couple therapy
- Bipolar disorder
- Schizophrenia, and related disorders
- Obsessive-compulsive disorder



### Dr. Adnan Shariq

Consultant Neurosurgeon  
MBBS, MS, MCh (Germany)

**Over 14 years of clinical experience**

#### Specializations:

- Brain & spine tumors
- Brain and spine trauma
- All types of intracranial hematomas
- Microdiscectomy lumbar and cervical
- Spinal instrumentation including percutaneous fixation
- Brain aneurysms
- Management of hydrocephalus
- Implant of baclofen pump for spasticity
- Spinal cord stimulator implantation





## RAK Halloween Baby Birthday Party

A celebration filled with laughter, joy, and unforgettable memories for our little ones.



## RAK Diabetes Challenge Closing Ceremony

The RAK Diabetes Challenge concluded with a successful and inspiring closing ceremony.



## RAK Hospital Star Nite - Celebrating 18 Years of Excellence

RAK Hospital celebrated 18 years with a vibrant Star Nite event, honoring outstanding contributions and excellence in healthcare.



## Highlights from General Surgery CME

Highlights from our recent CME on laparoscopic techniques in General Surgery and OB/Gyn, where leading specialists came together to share the latest insights and advancements in minimally invasive surgery.





## EVENTS GALLERY

### Health Screening Campaign

Successfully conducted health checkups for employees at RAK Insurance.



## PROMOTIONS

