

MECHANISM OF OBESITY IN MENOPAUSE: HYPOESTROGENISM AND ITS ACTION ON WEIGHT GAIN.

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ABSTRACT

Recently, there has been an increase in life expectancy, and, consequently, the incidence of menopausal women among the population is rising. Menopause is characterized by physiological and metabolic changes, mostly derived from the estrogen decrease in the female body due to the ovarian cessation of its cyclical function. Overweight, obesity, lean mass reduction and increase in adipose mass are some of the consequences noticed during Menopausal Transition, Final Menstrual Period (FMP) and Post-Menopausal phase^{1,2}. The changes in women's bodies caused by the decrease of female hormones have been subject to studies throughout the years, but its relationship with weight gain and tendency to obesity is not yet completely understood. Some studies argue that changes in the female body are due to chronological aging, ruling out ovarian aging as a determining factor that would cause such phenomena.^{3,2} This study aims at carrying out bibliographical research to examine the correlation between menopause, obesity and the effects of estradiol decrease in weight gain and in the tendency to obesity during the menopausal period.

KEYWORDS: menopause; obesity; overweight; estrogen; hormonal replacement.