Menopause and Soy Isoflavones

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Introduction

Menopause is a major turning point in a woman's life. "Loss of oestrogen development due to ovarian dysfunction" is how menopause is characterised. When compared to men of comparable age, premenopausal women are more shielded from developing metabolic syndrome and its related metabolic complications, such as type 2 diabetes and cardiovascular diseases (CVD). Owing to improvements in the sex steroidal hormone pro le, this defence is lacking a er menopause. Since people spend about a third of their lives in the postmenopausal condition around the globe, the public health consequences of postmenopausal problems are important. According to estimates from the Indian Menopause Society's third consensus conference, India's postmenopausal women number about 43 million and could cross 103 million by 2026. ese results illustrate the importance of recognising the molecular and cellular pathways that underpin the pathology of metabolic complications in postmenopausal women. e cause of increased weight gain and obesity during menopause is unknown, although it is regarded as a major public health concern around the world. Clegg also con rmed that oestrogen loss a er menopause causes weight gain and fat accumulation around the hips, leading to obesity in the postmenopausal community [1-3].

Conclusion

Both experimental menopause and experimental obesity induced oxidative stress, in ammation, insulin tolerance, lipid derangements, and hepatic steatosis when used separately and in conjunction. When ovariectomy was accompanied by a high-fat diet, the incidence of these complications increased even further, implying a synergistic role for

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