Menopause
Menopause, the period in a woman’s life during which the menstrual cycle ceases, is likely to occur between ages 45 and 55. The ovaries are no longer responsive to the gonadotropic hormones produced by the anterior pituitary, and the ovaries no longer secrete estrogen or progesterone. Physical symptoms, such as “hot flashes” (caused by circulatory irregularities), dizziness, headaches, insomnia, sleepiness, and depression.

Lactation
Milk production by the breasts, called lactation, is regulated by the interactions of four hormones:
- Estrogen and progesterone are produced by the ovaries and placenta; they stimulate proliferation of breast tissue.
- Prolactin and oxytocin are produced by the pituitary:
  • Prolactin causes milk secretion after the breasts have been stimulated by estrogen and progesterone.
  • Oxytocin causes contraction of specialized cells, which help releasing milk during breast-feeding.
Breast-feeding stimulates prolactin secretion; the resulting high prolactin level causes changes in the mother’s menstrual cycle.

CONTRACEPTION
The prevention of pregnancy is termed contraception (‘against conception’) and can be accomplished by 3 number of means, such as intrauterine devices (UIDs), spermicidal agents, birth control pills, or shields such as a condom.
Sterilisation of the male can be accomplished through a vasectomy. The vas deferens are the tubes that carry the sperm into the urethra, and tying off these tubes prevents the sperm from travelling out of the penis during sexual intercourse. Females may be sterilised via tubal ligation. The Fallopian tubes are cut or tied shut preventing the egg from travelling from the ovary to the uterus.

Clinical Disorders Related to Female Reproductive System:
Amenorrhea—is the absence of menstruation. Primary amenorrhea is the failure to have menstruation by the age at which it would have been. It is due to failure of secondary sex characters to develop. Certain endocrine disorders may result in it.
Secondary amenorrhea is the stoppage of menstruation who previously had normal menstruation. Chronic sickness, fatigue poor nutrition and emotional stress may cause secondary amenorrhea.

2- Dysmenorrhoea :- is difficult menstruation usually resulting in painful cramp-

3- Vaginitis :- is the inflammation of the vagina that is usually caused by a micro-organism such as bacteria or yeast. Vaginitis is often not a result of sexually transmitted diseases.

4- Mastitis :- is inflammation of the breast, which can occur at any age and in both male and females, but is usually associated with females.

5- Breast cancer :- is one of the leading causes of death in women between the ages of 32 and 52. Men can also get breast cancer but at a lower rate, and it was estimated that there were about 1000 cases of male breast cancer in 2003 compared to 182,000 female cases. Cancer of the breast may require a full or partial mastectomy but the earlier detected, the better chance to cure.