

COGI-Controversies in Obstetrics, Gynecology & Infertility
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Session: COUNSELING POSTMENOPAUSAL WOMEN

Lecture: Keeping quality of life and staying healthy

by

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The daily practice of any physician (be he/she a general practitioner or a specialist) is guided by some fundamental strategies:

- a) to identify the disease that causes the symptoms;
- b) to identify and modify the risk factors that cause diseases;
- c) to promote life-style medicine;
- d) to improve quality-of-life;
- e) to promote health and wellness.

Since WHO defines Health as *“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”* *“this* holistic concept sets the targets (a tripod) for which a good clinical practice must aim.

There is no medical specialty named “Menopause/Climacteric” just as there also none called “Menarche/Puberty” ...

Treating symptomatic mid-aged women may often (but not always!) require the use of sex steroid hormones, but only in order to improve their quality-of-life. Physicians who concentrate only in hormone therapies do not practice a satisfactory Medicine!

Most women in these age groups consider their gynecologist as their only physician, their family doctor and confident. As such, these health professionals must look after their clients/patients as **people** who need an empathic support and the broad competence of their doctor/specialist.