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Case Report: Attention to Women Before the Clinical Climate Board

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ABSTRACT

Introduction: Climacteric processes and menopause are milestones in the women life, in which the first symptoms vary in each body. In order to reduce the discomfort caused by the climacteric and menopause, it is important to understand them. **Objective:** Disseminate information pertaining to identification of climacteric phenomena. **Methodology:** The case study occurred in a polyclinic from Cabedelo-PB in order to target academics to conduct humane and encouraging health education. **Results and Discussion:** M.S.A., 53 years search service in 16/08/2017 with chief complaint of dyspareunia, being routed by the urologist to evaluate possible low estrogenic for amenorrhea for three months and urinary incontinence. The anamnesis, reported irregularities in the menstrual cycle, flow reduction and shortening of the cycle (a: 13/08/17 for three days in a small amount and look like "coffee grounds"), and politeness. After the physical examination showed: flat and thin, vulva with rare sebaceous glands, dense, dry vaginal wall and urogenital atrophy, accompanied by fine as requested by ultrasound urologist. Reached the climacteric diagnostic hypothesis, FSH blood test, 2-estradiol, and prescribed estriol due peripheral action. It was subsequently opened a moment of dialogue with the patient about your knowledge of the subject and its aspirations, it became apparent that the lack of knowledge did identify themselves as "sick", however, after the explanation of this physiological and mark the next stage of menopausal, we noticed a patient relief by decreasing your anxiety and helping in the understanding of the requested examinations and medication prescribed your membership and encouraging relationship doctor-patient. **Conclusion:** there was the urgent need to improve the knowledge about the menopause, to improve the attention and empower it, because it is a period of life characterized by physiological deficits which ovarian endocrine changes, provides psychological and somatic, known as climate syndrome, which has significant marker menopause.

Keywords: Amenorrhea, Climacteric, Menopause.

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