



Healthy Her

The Bias in the 'Menopause is a Natural Part of Aging' Argument

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Would you be surprised to learn that there is bias within our healthcare system against women? Not just in the way that the systems are run, but in the actual manner in which healthcare is delivered.

Women's health has been relegated to reproduction only. We are guided to receive mammograms and pap smears (super important), but then all the rest of the organs in our bodies are ignored. It's as if we do not have hearts, lungs, livers, brains.

Would you be further surprised to learn that many both within the healthcare system (and outside of the healthcare system for that matter) consider menopause to be a natural process of aging? Therefore, no attention should be directed toward improving this aging process, nor providing relief from the more than 35 symptoms (and counting) of perimenopause and menopause.

In fact, not only is menopause a time of increased risk of heart disease in women, but it is also a time of increased the risk of strokes AND dementia. Further, heart disease is the #1 killer of women! That is correct. Heart disease kills more women annually than breast cancer - to which we have been socialized to believe because women's health has always been reduced to just our reproductive organs.

Would you be also surprised to learn that erectile dysfunction {<https://www.instagram.com/reel/DNgQranOfI-/?igsh=MWRuZ3Fmc3pwdHUlNg==>} as well as prostate enlargement {<https://www.instagram.com/reel/DNgCPjCOCQv/?igsh=MWx3eDdwenVmOTQwaw==>} - known as benign prostatic hypertrophy - are also natural parts of the aging processes in men? And yet, more than 25 medications, procedures, corrective surgeries, and therapies are available for both combined, to ensure that these 'maladies of aging' in men are addressed and treated. In fact, it is expected that both of these aging processes will be given the full attention of both research and the healthcare system.

So, when we really take a look at the 'natural aging' argument against menopause relief and protection for women.....Is that really a valid argument, or just good old fashioned gender bias within our healthcare system?