



Research Article

PRESERVATION AND CONSERVATION OF LIBRARY DOCUMENT IN J&K STATE: A STUDY

Asifa Jan

Faculty of Fisheries, SKUAST-K,J&K State,190012, India

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ABSTRACT

This study investigated various problems of conservation and preservation of library resources in libraries. Particularly, it examined the overview of preservation and conservation of library resources. It also studied the causes of deterioration of library information resources, among which are: natural aging process, level of use of library materials, inherent chemical content used in the process of paper making, high temperature and fluctuating relative humidity, improper handling of library materials among many others were equally discussed. Various preventive measures were equally discussed. Different challenges facing preservation and conservation of library resources in Libraries were presented. Useful suggestions were also made to ameliorate the situation.

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INTRODUCTION

Menopause refer to the time in a women’s life when she as her last menses. Perimenopause being to the last menstruation and include the year after the permanent cessation. Menopause occurs because of a marked decreased in estroen, it usually occurs between 50 & 55 years of age in most women, with an average of 51 years.

Definition

Menopause is defined as permanent physiologic cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs.

Physical Changes during the Perimenopausal Period

- Bleeding
Genital changes
Vasomotor instability

Signs and Symptoms

- Hot flashes
Insomnia
Headache
Urogenital symptoms
Nervous irritability

Health Risks of Perimenopausal Women

- Osteoporosis
Coronary heart disease

Management

Menopausal Hormonal Therapy

Menopausal hormonal therapy either as estrogen replacement or estrogen therapy symptoms appear to increase in incidence in as women progress through menopause – was widely prescribed for discomforts associated with the perimenopausal years, including hot flashes and vaginal and urinary tract atrophy.

Bioidentical and Custom Compounded

Bio identical hormones, sometimes referred to as natural hormones, are structurally identical to those produced by the ovary. Bio identical hormone preparations are available as government approved, well tested brand name prescription medications. Others are made at compounding pharmacies.

Sexual Counselling

Sexuality is a lifelong behaviour, and contrary to common stereo types, sex does not end with menopause. Many women remain sexually active throughout their entire life. However, women’s and their parents may change their expression of sexuality during and after menopause, depending on physical changes,

Treatment Guidance

Table with 3 columns: Medication name, Composition, Available dose. Lists various hormone treatments like Estrogen Oral, Transdermal, Vaginal, Progesterone Oral, etc.

*Corresponding author: Asifa Jan
Faculty of Fisheries, SKUAST-K,J&K State,190012, India

Nutrition

Obesity and osteoporosis are common health problems in midlife and older women. As women move out of their child bearing years, they may need to change their diets. Because metabolic rates degrees with age and many women exercise less, fewer calories are needed for weight maintenance as women age.

Exercise

All too often midlife women are sedentary the demands of family and work constraints increase, and energy level decrease. Unfortunately little or no exercise predisposes women to weight gain and does not help to prevent cardiac disease and osteoporosis. Exercise alone cannot prevent or reverse osteoporosis, but data indicate the weight bearing exercise, walking, clumping, may delay bone loss and increase bone mass at any age.

Midlife Support Group

Nurses should be familiar with local resources and direct women to classes that supply appropriate information and support. They can encourage women to develop as supportive network with other women whom they can share the concerns.

CONCLUSION

Menopause, viewed as part of aging, intricately relates the biological, cultural, and social aspects of a woman's life. Women in the cultures described all experience irregular periods and cessation of menses in midlife.

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