

## **The effort capacity in postmenopausal women**

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As life expectancy extends, women spend a third of their life after the menopause onset. The ageing process causes an accumulation of several complex involution changes, which finally lead to the disability syndrome in the elderly. The assessment indicator for the effort capacity in the elderly is the maximal oxygen consumption. Out of the many age-related changes that occur in the postmenopause women's systems, the changes in the cardiovascular system are considered as top priority, as they constitute the limitative factor of maximal oxygen consumption on exertion.

The other major changes in the postmenopause women derive from their gaining weight at menopause (because of the lack of estrogen), their excessive physical or psychological exhaustion and their reduced muscle performance at postmenopause (also because of the high incidence of osteo-articular degenerative diseases). All of these lead to the degradation of the physical effort capacity in the elderly women.

The improvement of physical performance, as part of higher life quality at postmenopause, can be observed in the women who combine hormone replacement therapy (HRT) with the physical, psychological and social benefits of the recommended physical exercise.

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