

# Navigating Perimenopause and Menopause: Empowering Women's Health with Medical Fitness

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# Welcome and Audience Q & A



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# Objectives

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- A green triangle pointing downwards, filled with horizontal lines of varying lengths, creating a striped effect.
- Review Perimenopause and menopause: definition and symptoms
  - Review women's increased risk for chronic disease during this time of life
  - Discuss the role of medical fitness in lifestyle strategy support
  - Discuss collaboration opportunities across the continuum of care.
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- Four blue curved lines of varying lengths and orientations, arranged in a cluster in the bottom right corner.



# Peri-Menopause and Menopause

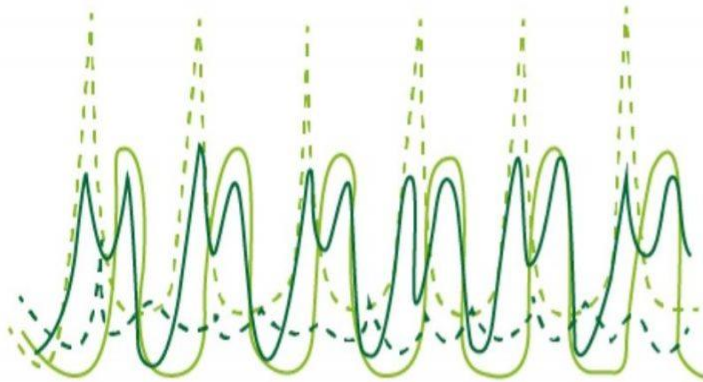
- ❖ Can begin in the early 40s and last up to 10 years = Peri-menopause
- ❖ When no period for a full year = Menopause
- ❖ Declining Estrogen, Progesterone, and Testosterone levels- body feels “out of control”
- ❖ Negatively impacts quality of life and long-term health risk factors



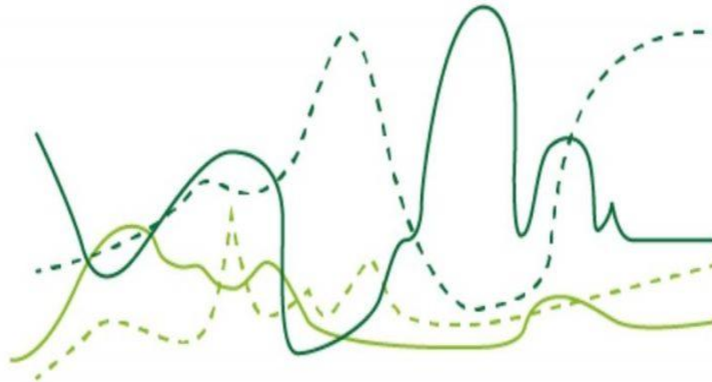
# What's happening?

## HORMONE FLUCTUATIONS DURING MENOPAUSE

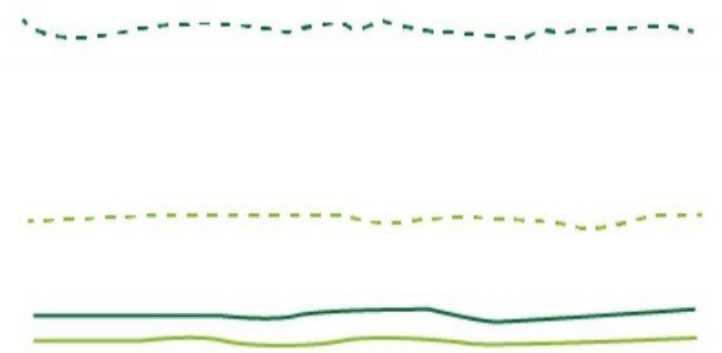
### Premenopause (180 days)



### Perimenopause (180 days)



### Postmenopause (180 days)



— estrogen — progesterone - - - FSH - - - LH

# Each Woman's Journey...Quality of Life

100+ symptoms

Headaches	Heart Palpitations
Hot flashes	Mood swings
Joint pain	Anxiety/Depression
Weight gain	Loss of interest in sex
Urinary changes	Brain Fog
Dry skin, hair, eyes, vagina	Irregular periods
Sleep disturbances	Bloating

## What we know.

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- Lifestyle Strategies can help significantly.
- Hormone replacement therapy can be a safe option for more women than was thought a decade ago.



# Long-Term Health Risk Factors

## Increased Cardiovascular disease risk

- Elevated LDL and TG
- Elevated blood pressure
- Increased abdominal obesity

## Decreased blood glucose regulation

- Increased insulin resistance
- Increased risk for prediabetes and Type 2 Diabetes

## Increased risk of Osteoporosis

## Increased risk of gut biome imbalance

## Sarcopenia



# What can help?

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1

Nutrition  
Strategies

2

Quality  
Sleep

3

Physical  
Activity

4

Support &  
Community



# Nutrition Strategies

- Collaborate with the RDs in your organization
- Lead with, “Eat your protein first.” First goal- 80-100gm per day
- Adequate Calcium and Vit D- dairy, fortified non-dairy subs, greens and fortified foods
- Healthy Fats- Omega-3s and monos- fatty fish, flax, chia seeds, nuts, avocados, olive oil
- Hydration: 2-3L calorie-free fluid per day.
- Limit alcohol intake

# Nutrition Strategies- Continued

- Phytoestrogens- Food sources include soy-protein containing foods, tofu, edamame, flaxseed, chickpeas, garlic, dried fruit, cruciferous vegetables (broccoli, cauliflower, cabbage, and Brussels sprouts), and berries.
- Evening tea recipe: soy milk, vanilla extract, cinnamon, ginger and turmeric- warmed. Can reduce vasomotor symptoms.
- Supps: Mg, Fish oils, B-vitamins, Ca/D3, L-theanine, pre/probiotics, Creatine- others too?
- Avoid fasted exercise. 30gm CHO +15 gm protein before. Individualize post and form of nutrition.



# Elusive Quality Sleep

- Establish a consistent bedtime routine
- Sleep-friendly environment that is COOL, quiet, dark
- Bamboo sheets- dry and cooling- **hot flash hack**
- Avoid caffeine, alcohol and eating/drinking close to bedtime
- Reduce blue light the hour before bed when possible, use blue blocker glasses
- Use deep breathing, yoga, journaling and meditation to reduce stress before bed
- Get natural morning light to help regulate sleep-wake cycle
- MF team: Ask questions about sleep quality





# Physical Activity Overall

- Improves sleep
- Improves mood
- Reduces anxiety

- Improves cognitive processes
- Maintains balance
- Re-builds confidence

- Reduces hot flashes
- Preserves bone
- Reduces urinary incontinence





# Are we doing what is best?

## HIIT

- Better vascular compliance
- Better blood glucose control

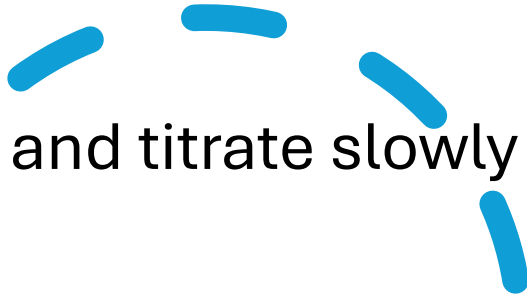
## Real strength training

- Reduces muscle and bone loss
- Improves brain health
- Reduces risk for falls





How?

- HIIT
    - Be creative
    - Start where they are and titrate slowly (intensity is relative)
    - Use RPE scale
  - Real strength training
    - Compound movements
      - Push and pull in the vertical and horizontal, lift from the floor and squat
    - Goal is to achieve a max effort. (RPE)
    - Use the most weight possible with good form (heavy is relative)
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# Better Together

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Provide support and community.

Provide empathetic guidance.

Focus on the positive and the power of resilience.





Fun that provides balance,  
cognitive, bone, muscle and heart  
benefits! Enjoyed, together....



# Why Medical Fitness?

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We are a “Health Home” for our communities

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We are committed to long-term engagement/relationships and community building.

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We are retail business minded- customer service focused

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We are connected to the healthcare community at large

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We have knowledgeable, credentialed team members

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We change lives for the better with personalized approaches

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We create downstream revenue for our organizations



# Medical Fitness Opportunities for Women's Health

- Host Educational Seminars for the community (many specialties)
- Provide weighted vests for checkout
- SM posts on women's health topics
- Make referrals when appropriate (PCPs, mental health, RDs, sleep labs) We may see them more often than other healthcare team members.
- Offer incentives to stay engaged with your center. "The thawing carrot."
- Do training with your teams.

## Some Final Thoughts

Do your approach, your services, and programs:

- Send a personal outreach?
- Encourage sustainable lifestyle changes?
- Identify barriers and potential challenges?
- Focus on mental/emotional health?
- Encourage regular check-ins with their healthcare team?

# Questions and Contact Information

## **Contact Information:**

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# Resources

- [Estrogen Matters](#). Avrum Bluming, MD, and Carol Tavris, PhD. 2024
- [“Reduction in menopause symptom severity following a personalized app-based dietary intervention program.”](#) Pounis, et al. 2024.
- [“The Efficacy of Strength Exercises for Reducing the Symptoms of Menopause: A Systematic Review.”](#) Carpel-Alcaraz, et al. 2023.
- [Dr. Stacy Sims](#)
- [@drmaryclaire](#)
- [@drjashton](#) [Agenda by Dr. Jen Ashton](#)