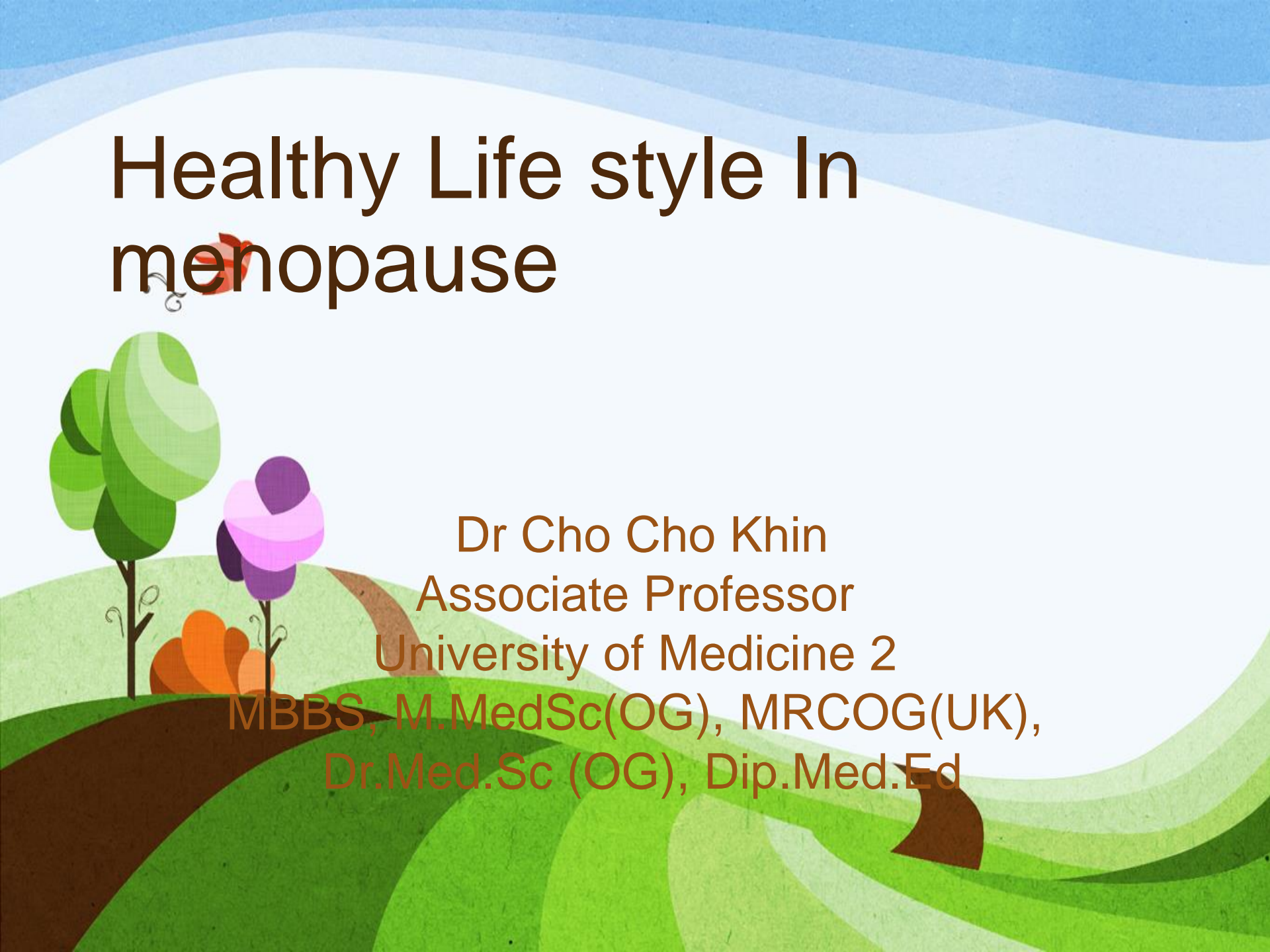



Healthy Life style In menopause

A stylized landscape illustration featuring rolling green hills, a blue sky with wavy bands, and a small tree with green foliage and a purple flower on the left. A small red flower is also visible near the top left of the title.

Dr Cho Cho Khin
Associate Professor
University of Medicine 2
MBBS, M.MedSc(OG), MRCOG(UK),
Dr.Med.Sc (OG), Dip.Med.Ed

- 
- Introduction
 - Pathophysiology
 - Healthy eating habit
 - Exercises
 - Summary

Introduction

Menopause

The phase in the aging process of women marking the transition from the reproductive stage of life to the non-reproductive stage

- Natural menopause has been defined by World Health Organization (WHO) as at least 12 consecutive months of amenorrhea not due to surgery or any other cause

The average age of menopause is 51

- The mean age at natural menopause (ANM) is 51 years in industrialized nations, while it is 48 years in poor and non-industrialized nations
- the increase life expectancy at birth for women they spend about more than one-third of their lives
- In Myanmar, life expectancy at birth for women is 69 (WHO,2016)
- In UK, life expectancy at birth for women is 82.9 USA-81.2, Aus- 82.5, India- 70 (WHO, 2017),

The decline or absence of oestrogen can mean changes to

- Energy levels
- Memory
- Bone health
- Hormones
- Urinary
- Heart health
- Sexual life

Menopausal symptoms

- Vasomotor symptoms: hot flushes, night sweats and palpitation
- Urogenital atrophy: vaginal dryness, dyspareunia, pruritus vulvae, urinary frequency, urgency, and recurrent cystitis
- Psychological symptoms: irritability, nervousness, depression, insomnia and anxiety


The pathophysiology

- More women in Western cultures report vasomotor symptoms (hot flushes and night sweats) compared to women in Asian cultures
- A biopsychosocial process where the majority of women experience some physiological changes, which may be influenced by a wide range of ethnic, psychological, social and cultural factors

- Increasing evidence that such factor as lifestyle
- smoking, diet, exercise and reproductive history, socioeconomic status, body mass index, mood, climate and cognitions (including attributions of symptoms to the menopause, beliefs and attitudes towards menopause) might explain cultural variations

Management of menopause

- Advise on a healthy life style
- Psychological support
- Understand menopause
- Strengthening of self-image
- Hormone replacement therapy

- 
- Good nutrition and lifestyle changes can both contribute to a healthy menopause
 - Eating and Exercising *can make a real difference*

Healthy Eating Habits

Limit or moderate

- Salt – too much can affect high blood pressure and could also cause bloating
- Saturated fat - which can affect the arteries and heart health

Limit or moderate

- alcohol, coffee, tea – which can hinder the absorption of nutrients and produce heat in the body
- Spicy foods and hot foods and drinks
- Sugary foods –Junk food/ highly processed food, which can be high in salt and additives

Drink

- Filtered water, to ensure good hydration and maintain body temperature
- Soya milk, a good source of omega 3 fatty acids, protein, vitamins and minerals



- Freshly squeezed fruit and vegetable juice



- Calcium- for bone health



www.shutterstock.com • 563022832

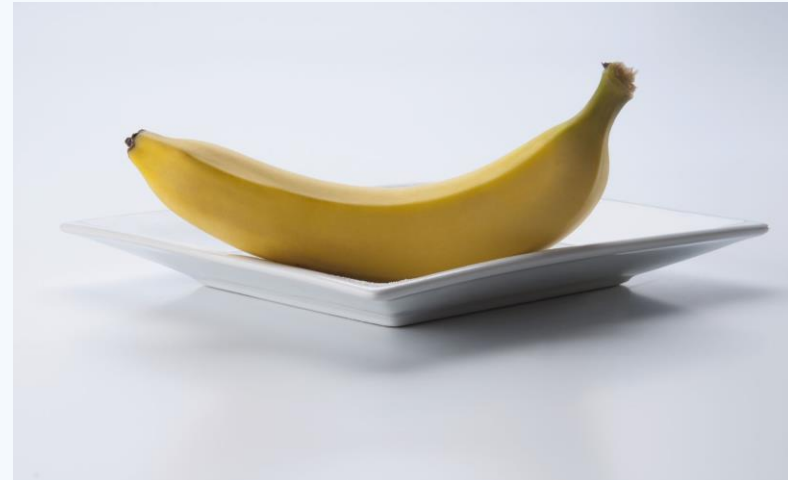
- Vitamin D- to ensure that calcium intake is properly absorbed



www.shutterstock.com • 520086745

Potassium, may

- help to balance sodium to support a healthy water retention and
- hence help maintain a healthy blood pressure



- Fruit, vegetables and whole grains such as oats, brown rice
- Fibre helps digestion lower cholesterol and maintain steady blood sugar levels



www.shutterstock.com • 553910086



- **Eat little and often** to maintain blood sugar levels
- If these drop, menopausal symptoms often increase.



Exercise

- Keeping physically active
- a powerful, positive effect on emotions, mental health and love life



www.shutterstock.com • 651356305



www.shutterstock.com • 651356320

Regular exercise

Weight bearing exercise

- walking, running, tennis, stair climbing, aerobics, helps to maintain bone density



Stretching

- yoga, maintains flexibility and joint movement.
- Aim for 30 minutes per day



Aerobic exercise

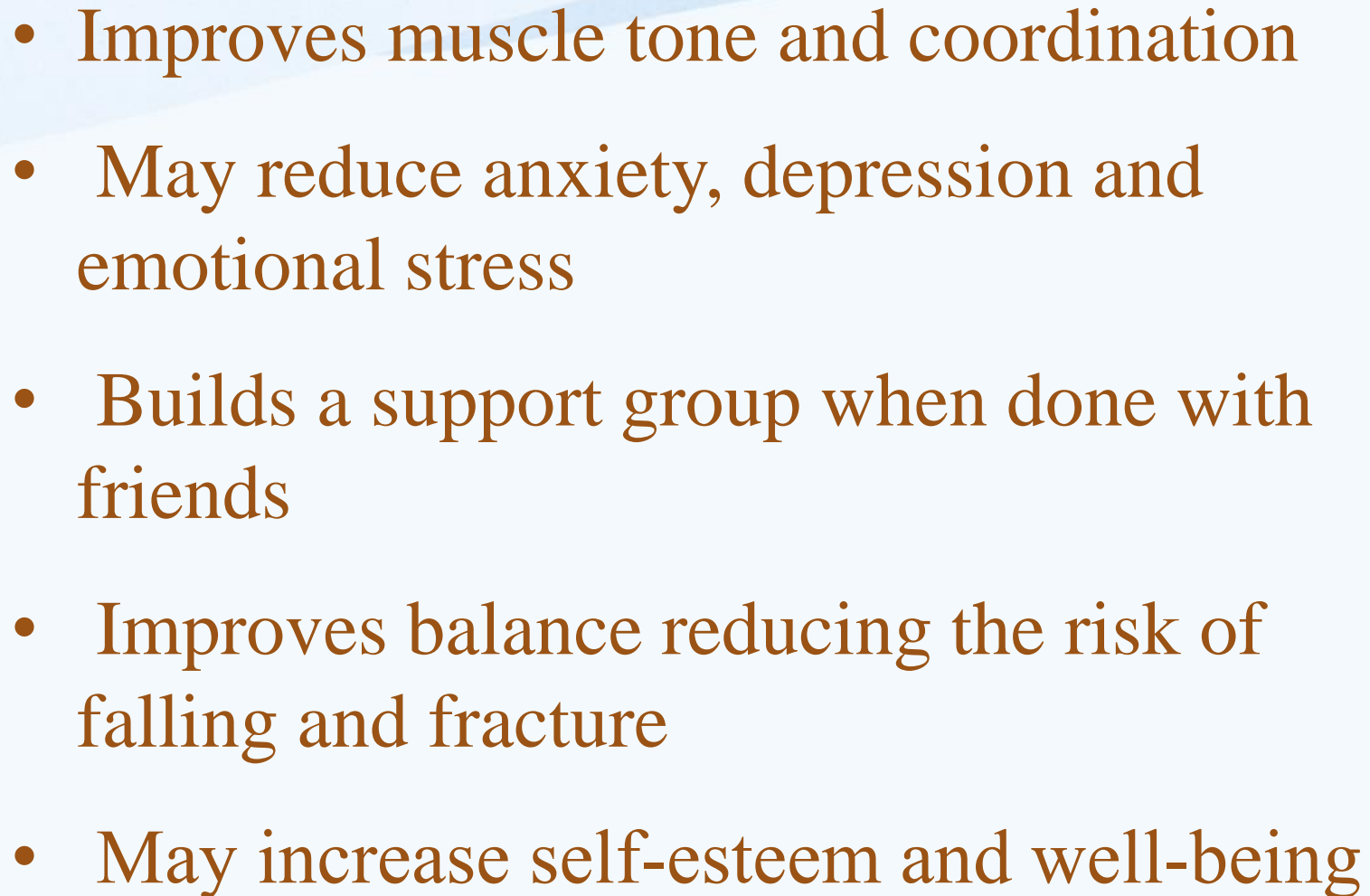
- Which raises the heart rate is good for heart health and circulation



www.shutterstock.com • 755606407

Exercise benefits in many other ways:

- Increases good (HDL) cholesterol levels
- Reduces total cholesterol, triglycerides and may reduce blood pressure
- Burns up kilojoules, to lose or maintain weight more easily
- Increases endurance

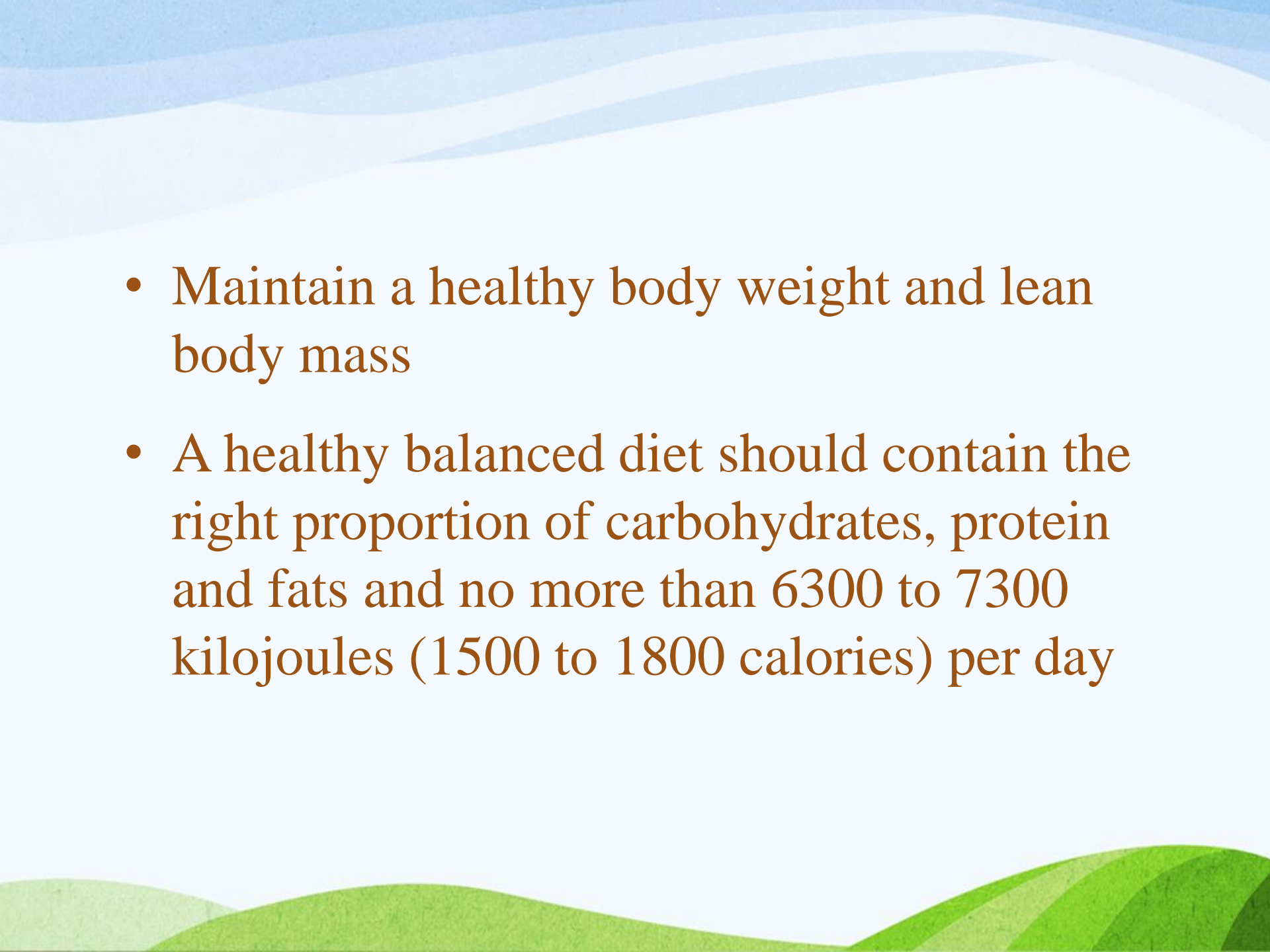
- 
- Improves muscle tone and coordination
 - May reduce anxiety, depression and emotional stress
 - Builds a support group when done with friends
 - Improves balance reducing the risk of falling and fracture
 - May increase self-esteem and well-being

Exercise to reduce the risk of osteoporosis

- The best exercises to help reduce the risk or slow down osteoporosis are weight-bearing exercises such as
- power walking and strength training that include gravity and tension on muscles.
- Weight bearing increases muscle tension on bones and helps with maintenance of bone density

A stylized, colorful illustration of a landscape. The foreground features rolling green hills with dark brown soil. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky. The background consists of layered blue and white hills under a light blue sky.

Positive lifestyle changes

- 
- Maintain a healthy body weight and lean body mass
 - A healthy balanced diet should contain the right proportion of carbohydrates, protein and fats and no more than 6300 to 7300 kilojoules (1500 to 1800 calories) per day



Keep a positive attitude



Get emotional support
– chat to friend

Stress control – learn
to relax



- Dress in layers, cotton for easier temperature control



- Take 30 minutes each day to do something **just for you**
- Laugh and enjoy yourself



www.shutterstock.com • 1015436968



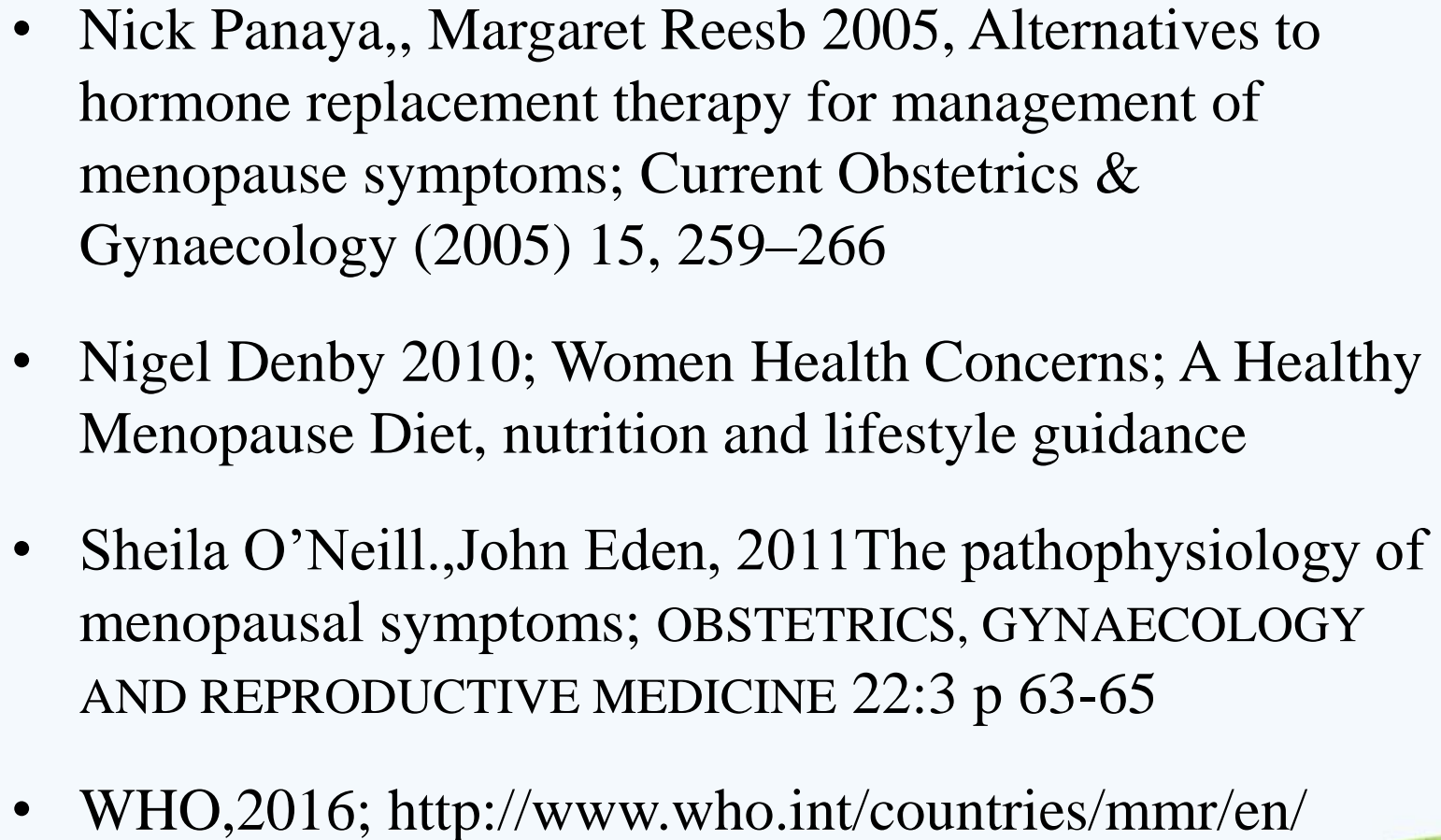
STOP SMOKING AND
ALCOHOL

Important **to consult** health
professional or nutritionist



Summary

- Menopause provides an excellent opportunity for the woman to see a doctor and discuss about her own health
- Health education
- Promotion of healthy life style
- Update on the various options for long term health benefit

- 
- Nick Panaya,, Margaret Reesb 2005, Alternatives to hormone replacement therapy for management of menopause symptoms; Current Obstetrics & Gynaecology (2005) 15, 259–266
 - Nigel Denby 2010; Women Health Concerns; A Healthy Menopause Diet, nutrition and lifestyle guidance
 - Sheila O’Neill.,John Eden, 2011The pathophysiology of menopausal symptoms; OBSTETRICS, GYNAECOLOGY AND REPRODUCTIVE MEDICINE 22:3 p 63-65
 - WHO,2016; <http://www.who.int/countries/mmr/en/>



*THANK YOU FOR
YOUR ATTENTION*