

WEBINAR | Menopause in the Workplace

NUTRITION & FITNESS

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WELCOME

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A THOUGHT....

- *“The object of facing up squarely to the fact of the menopause is to acquire serenity and power. If women on the youthful side of the menopause could glimpse what this state of peaceful potency might be, the difficulties of making the transition would be less.*

It is the nature of the case that life beyond the menopause is as invisible to the woman who has yet to struggle through the change as to the top of any mountain is invisible from the valley below.

Calm and poise do not simply happen to the post menopausal woman, she has to fight for them.”

- **Germain Greer**

AGENDA

- **Terms associated with Menopause**
- **Symptoms of Menopause**
- **Food & supplement Treatments**
- **Lifestyle changes**
 - Reduce alcohol**
 - Reduce smoking**
 - Exercise**

MENOPAUSAL TERMS

- **Perimenopause**

The time in which a woman has irregular cycles of ovulation and menstruation leading up to menopause and continuing until 12 months after her final period. The perimenopause is also known as the menopausal transition or climacteric.

- **Menopause**

A biological stage in a woman's life that occurs when she stops menstruating and reaches the end of her natural reproductive life. Usually it is defined as having occurred when a woman has not had a period for 12 consecutive months (for women reaching menopause naturally). The changes associated with menopause occur when the ovaries stop maturing eggs and secreting oestrogen and progesterone. Testosterone levels also fall.

- **Postmenopause**

The time after menopause has occurred, starting when a woman has not had a period for 12 consecutive months.

- **Premature ovarian insufficiency**

Menopause occurring before the age of 40 years (also known as premature ovarian failure or premature menopause). It can occur naturally or as a result of medical or surgical treatment.

- **Menopausal women** This includes women in perimenopause and postmenopause.

(NICE GUIDELINES DEFINITIONS)

MENOPAUSE: LONG TERM HEALTH

- Oestrogen protects a number of different systems in the body, brain, skin, bones, heart, urinary functions and the genital area – low levels of oestrogen can affect all these parts of your body.

- With the menopause there is an increased risk

Osteoporosis

Breast Cancer

Heart disease

UTIs (urinary tract infections)

- For many women it is not the fear of those illnesses but how to cope with the debilitating symptoms that affect their daily lives – (note this is why many women choose HRT (hormone replacement therapy)).

SYMPTOMS MENOPAUSE

- **Urogenital atrophy**

Thinning and shrinking of the tissues of the vulva, vagina, urethra and bladder caused by oestrogen deficiency. This results in multiple symptoms such as vaginal dryness, vaginal irritation, a frequent need to urinate and urinary tract infections.

- **Vasomotor symptoms**

Menopausal symptoms such as hot flushes and night sweats caused by constriction and dilatation of blood vessels in the skin that can lead to a sudden increase in blood flow to allow heat loss. These symptoms can have a major impact on activities of daily living.

- **Low mood**

Mild depressive symptoms that impair quality of life but are usually intermittent and often associated with hormonal fluctuations in perimenopause.

- **Fragility fracture**

Fractures that result from mechanical forces that would not ordinarily result in fracture (such as a fall from a standing height or less). Reduced bone density is a major risk factor for fragility fractures, which occur most commonly in the spine, hip and wrist.

MENOPAUSE: LONG TERM HEALTH

- Hot flushes
 - Night sweats
 - Vaginal dryness
 - Mood swings
 - Insomnia
 - Declining libido
- Osteoporosis
 - Aging skin
 - Lack of energy
 - Joint pains
 - Weight gain
 - Headaches
 - Hair

The degree to which a woman experiences any or all of these experiences is highly dependent on how good her nutrition is.

CONVENTIONAL TREATMENTS

HRT

One of the treatments for menopause is to replace the hormones your body no longer makes with Hormone Replacement Therapy which contains

- Oestrogen
- Progesterone
- Testosterone

HRT is available in tablet, gels, cream, implant or patches

You need to talk to your Health professional to determine what type of HRT is best for you.

EFFECTS OF CHANGING LEVELS OF OESTROGEN

- Increased fat around the middle
- Stress and insulin resistance
- Osteoporosis
- Increased incidence of heart disease
- Increased incidence of UTIs

Weight Management

(women tend to put on weight during menopause)

- The National Weight Control Registry in the USA (is a selected group of 15000 people who have successfully maintained a weight loss for 2 years, having lost over 10% of their initial starting weight).

This group outlined what worked for weight loss maintenance. If these skills are not in place – better not to start a weight loss programme as repeated failures are psychologically damaging.

- Planning
- Problem solving
- Small Changes
- Having no specific weight goal
- Breakfast
- Lifestyle, exercise
- High Nutrition (food quality)

Food

(Food is better than Medicine –Socrates)

- Food can be a minefield for lots of women and the menopause brings it own challenges.
- The body identifies that oestrogen levels are dropping using the oestrogen receptors that are present throughout every cell in the body.
- Your body will try to obtain a different form of oestrogen produced by fat cells. Many women find they start to develop a 'spare tyre' in response to this.
- The sympathetic nervous system is supported by oestrogen – low levels will trigger a 'fight/flight' response. This response releases adrenaline and cortisol – the 'stress' hormones. Cortisol causes the body to release glucose for a burst of energy to allow the body to flee – this triggers a release of insulin – if not used by physical activity this glucose is stored as fat.
- Chronic stress leads to insulin resistance – which in turn increases the risk of Type II diabetes.
- Lower levels of oestrogen can lead to joint pain and thus lead to reduced exercise.
- SUGAR IS A PROBLEM !!!

Sugar as a drug

“ I consider sugar to be a drug, a highly purified plant product that can become addictive.

Relying on an artificial form of glucose (sugar) to give us a quick pick me up is analogous to, if not as dangerous as, shooting heroin.”

Dr Candace Pert
research professor
Georgetown University Medical Centre
Washington D.C.

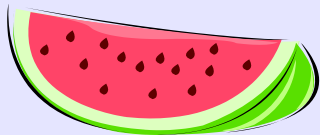


What is Glycaemic Load (GL)

Not a diet: healthy, balanced way of eating for rest of life

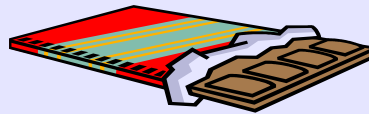
No deprivation: all food groups included

Glycaemic Index (GI)



=

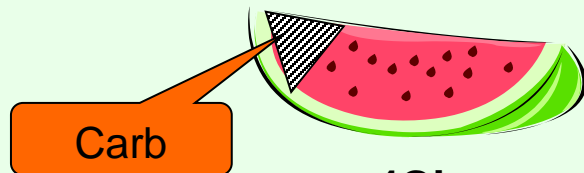
Sugar 'quality' =
how quickly a food raises blood sugar levels



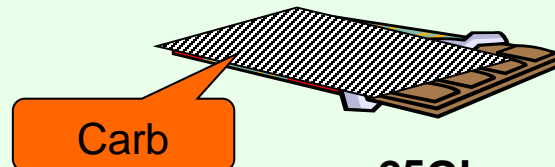
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Glycaemic Load (GL)

Sugar quality plus 'quantity' =
includes how much of a food is carbohydrate



= 4GL



= 25GL

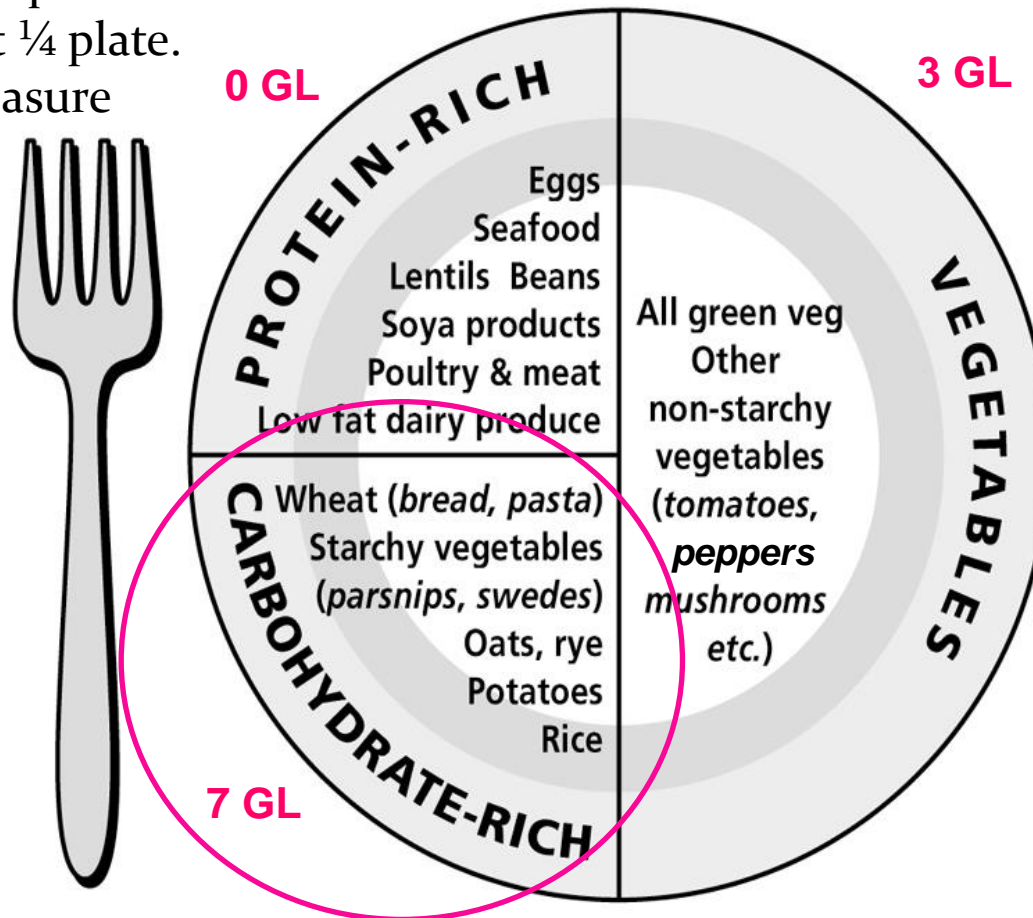
GL is more accurate. Enables greater control.

The Balanced Plate

Choose lean protein. You can have decent quantities of these – about $\frac{1}{4}$ plate. Again, don't measure

Fats: reduce saturated fats and increase essential fats. Oily fish twice a week and a handful of seeds every day

Don't worry about counting non-starchy veg – have these fill half your plate at lunch and dinner



Just focus on getting the right type and amount of starchy carbs – see guides for how much makes 7GL

Fruit: 2 pieces of low GL fruit a day with a couple of tablespoons of nuts / seeds

Optimum nutrition basics

Fruit

- 2 servings a day (1 serving = handful)
- Dilute fruit juice half and half with water (treat as a snack)

Non-starchy veg

- E.g. green veg, salad, onions, peppers, mushrooms, tomatoes, etc.
- 3 servings a day
- Choose a wide a variety of colours as possible

Starches, pulses & grains

- E.g. bread, pasta, rice, potatoes, parsnips, oats
- Stick to the low GL rules and keep these to about a quarter of your plate
- Choose wholegrain

Fats

- Choose mono-unsaturated and polyunsaturated fatty acids, such as fish, nuts, seeds, and vegetable oils
- Low fat dairy options
- Avoid saturated fats (animal fats) and trans fats

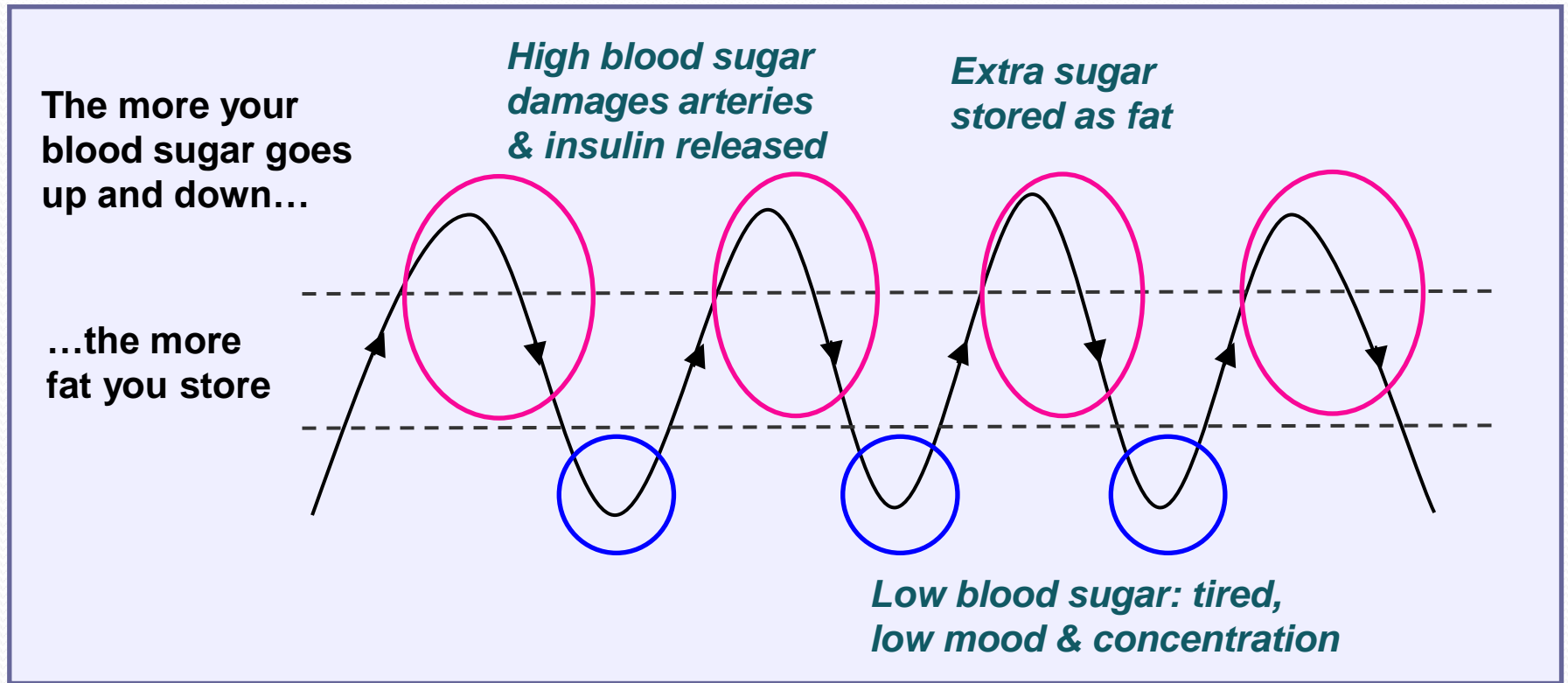
Protein

- Choose lean meat and poultry
- Choose fish, nuts, seeds, eggs, beans and pulses as alternatives to meat and poultry
- Portion size = about the size of your palm

Salt & Sugar

- Adults should have no more than 6 g of salt a day
- Avoid adding sugar or salt to food (or use low sodium salt)
- Avoid salty or sugary snacks

Balancing your blood sugar is the key to weightloss, less hunger and greater energy



The more you keep your blood sugar level...



No "fat storing" dips

...the more fat you burn

The ground rules

10 GLs for breakfast

+

5 GLs snack

+

10 GLs for lunch

+

5 GLs snack

+

10 GLs for dinner

(+ 5 GLs for either a drink or a
dessert)

Weightloss: 45 GLs

**Maintenance:
60 to 70 GLs**

*Eating regularly will help keep your blood sugar levels even =
encouraging fat burning rather than fat storing*

Simple guide to low GL menu planning

Breakfast

Cereal

Porridge /
homemade muesli /
Good Carb Co
Granola / All Bran /
Weetabix /
Shredded Wheat

Toast

Wholegrain bread
(1) rye (1.5) nut
butters / marmite /
low fat cheese
spreads. Avoid
jams unless pure
fruit

Yoghurt

Low fat plain bio
live yoghurt with
low GL fruit & xylitol

Fruit

Low GL fruit and
protein
(e.g. yoghurt /
nuts / seeds).



Cooked

Eggs / bacon /
tomatoes /
mushrooms. Cut fat
off and grill

On the Run

Get Up & Go /
Yoghurt & fruit / Go
Lower bar & fruit



Breakfast carb comparisons: Target = 7GL

Low carb muesli	80g	1 large bowl
Porridge (whole oats)	90g	1 very large bowl
Good Carb Co granola	60g	Medium bowl
All bran	30g	1 small bowl
Muesli	20g	Very small bowl
Raisin bran / Bran flakes	15g	Very very small bowl!
Weetabix / Shredded wheat	15g	1 biscuit
Special k	15g	Very very small bowl!
Cheerios	10g	1 very small handful
Frosties	10g	1 very small handful
Grapenuts	10g	1 very small handful
Cornflakes	10g	1 very small handful
Rice crispies	10g	1 very small handful
Puffed rice	10g	1 very small handful

Simple guide to low GL menu planning

Lunch / Dinner

Sandwiches

Wholegrain bread (1)
wholemeal pitta (1)
oatcakes (3)
Rye bread (1.5)
Wheat tortilla (1)

Tuna / salmon /
chicken / avocado /
low fat cheese / eggs

Salads

Add any fresh salad
foods to the above

Ready Meals

Choose those
without starchy
carbs (pasta,
potatoes, rice) &
add low GL carbs,
veg or salad

Avoid: pizza,
burgers, battered,
breadcrumbs,
pastries, lasagnes



Carbs

Choose wholegrain
pasta / new
potatoes / brown
rice / squash /
carrots

Non- starchy veg /
salad should fill half
your plate

Soups

Chicken, bean,
tomato are good
Avoid: noodles,
carrots, sweetcorn,
cream

Starchy carb comparisons (dry weight): Target = 7GL

Pumpkin / squash	185g	1 serving
Carrot	160g	1 large
Quinoa	65g	2 handfuls
Beetroot	110g	1 large
Pearl barley	40g	1 handful
Wholemeal pasta	40g	1 handful
White pasta	35g	1 small handful
Brown basmati rice	40g	1 handful
White rice	25g	1 small handful
Couscous	25g	1 handful
Broad beans	30g	1 small handful
Corn on the cob	60g	Half a cob
Baked potato	60g	Half a baked potato
French fries	50g	3 fries

Unlimited veg

Broccoli
Spinach
Kale
Runner beans
Peas
Courgettes
Cabbage
Brussels
sprouts
Cauliflower

Onions
Garlic
Tomatoes
Mushrooms
Lettuce
Watercress
Alfalfa
Cucumber
Celery

Peppers
Fennel
Mange tout
Asparagus
Aubergine
Bean sprouts
Endive
Radish Rocket
Spring onions
Tenderstem

Snacks

A piece of fruit,
plus five nuts
About *50g nuts /
seeds per day*



1 small wholemeal
pitta bread and
half a small tub of
hummous

Low GL apple and
almond cake

A piece of bread /
two oat cakes and
peanut butter



Crudites (small
carrot, pepper,
cucumber or celery)
and hummous

A small plain
yoghurt (150g)
plus berries

Cottage cheese
plus berries



Low GL bars (Go
Lower, Altu, Fruitus,
Granola Crunch)

Snacks: what does a 5 GL fruit serving look like?

Berries	600g	1 large punnet
Cherries	200g	1 punnet
Grapefruit	200g	1 small
Pear	150g	1 large
Melon	150g	½ small / 1 slice watermelon
Peach	120g	1
Orange	120g	1 large
Plum	120g	4
Apple	100g	1 small
Kiwi	100g	1 small
Pineapple / mango	80g	1 thin slice
Grapes	75g	10
Banana	50g	½ small
Raisins	10g	10

Drinks

Choose

Water

Decaf tea / coffee

Non-caffeinated teas
(herb / redbush)

Fruit juice half & half
with water

Avoid / Reduce

Caffeine

Alcohol

Squash / diluting juice

Diet drinks

Fizzy drinks

Typical Day

Low Sugar Day

- Porridge + seeds
+Berries
(10GL)
 - Apple + Nuts
(5GL)
 - Wrap with salmon +
salad
(10 GL)
 - 2 Oatcakes +
hummus
(4 GL)
 - Homemade chicken
curry + 45g of brown
basmati rice
(10 GL)
- Total = 39 GL

High Sugar Day

- Special K Cereal (30g) +
milk
(15GL)
 - Scone
(15GL)
 - Sandwich with tuna +
salad
(20 GL)
 - 2 Biscuits
(20 GL)
 - Homemade chicken
curry + 65g of white
basmati rice
(16 GL)
- Total = 86 GL

Osteoporosis

- Bone density is defined as the amount of bone tissue (cells and blood vessels) you have and is a measure of how strong and healthy your bones are.
- By late 30s your bone density naturally declines.
- Women are more affected by a loss of bone strength in the years before, during and after menopause (as oestrogen, the key hormone for protecting and maintaining bone density, rapidly declines.)
- Your bone is breaking down at a faster rate than the body can grow new bone tissue.

Osteoporosis

- One in three women over 50 years will sustain a fracture to the hip for example and this can have a serious consequences to your health.
- A family history of osteoporosis means you are more susceptible to weakening of bones.
- Even after the initial recovery, a hip fracture can affect the ability to carry out daily activities such as eating, dressing, washing or shopping.
- 40% of women who fracture a hip are not able to walk again without an aid or assistance.
- Once a fracture has occurred, women are 5 times more likely to experience a further fracture within the year.

Prevention of Osteoporosis

- Bone formulae containing calcium, magnesium, boron, K₂ and Vitamin D₃
- Calcium containing foods – cabbage, broccoli, almonds, sesame seeds, soft fish bones found in sardines and whitebait, dried fruit, pulses and tofu.
- Vitamin D
 - Safe sunlight exposure
 - Diet – oily fish (herring, salmon, sardines, mackerel and egg yolks)
 - Supplements (daily amount is 400iu, can take 1000iu in this country) – now recommended for all over 1 year old.
- Iron – low levels contribute to loss of bone tissue
 - Meat
 - Spinach, broccoli, kale, lentils, chickpeas, kidney beans, soy beans, cashew, sesame seeds and baked potatoes.
- Gastrointestinal (GI) health – work as they help minerals like calcium to be better absorbed.

Exercise to help Prevent of Osteoporosis

- Bones can stronger as you use them & give them work to do. Need a combination of
- Weight bearing exercise
 - Defined as standing up and supporting your own weight – the impact comes with movement and pressure on our joints.
 - Egs. walking, jogging, dancing or tennis.
- Muscle strengthening Exercise
 - When muscles pull on your bones it gives your bones work to do – respond by renewing themselves.
 - Egs. Lifting weights, press-ups etc..
- According to Royal Osteoporosis Society you need moderate exercise for 20 minutes of low impact most days and 2/3 days each week of muscle strengthening for 20-30 mins.
- Don't forget yoga and pilates for your balance, co-ordination and flexibility – as these skills prevent falls.

Gut Health

- As previously mentioned good gut health means we can absorb our minerals better.
- Many women suffer from bloating, cramps and other IBS-like symptoms during the perimenopause and menopause.
- Research is revealing the importance of a health gut on
 - Hormone health
 - Emotional wellbeing (a considerably amount of serotonin is made in the gut – this is why the gut is referred to as the 2nd brain).
- Eating a diet rich in fibre (FOS) encourages the growth of friendly bacteria – aids energy levels, immunity and weight maintenance.

Nutritional Support for Gut Health

- The main foods good for gut health are called pre-biotics and pro-biotics.
- Pre-biotics stimulate the growth of friendly bacteria e.g. garlic, onions, asparagus, chicory, ginger, cabbage, beetroot, bananas, blueberries and apples.
- Pre-biotic supplement is Inulin (chicory based).
- Pro-biotics food contains live bacteria and yeasts which are believed to help restore the natural balance of bacteria in the gut. E.g. kefir, live yoghurt, kombucha, sauerkraut, kimchi, natto and live apple cider vinegar.
- Pro-biotic supplements – *Lactobacillus acidophilus*, however there are many strains of probiotic. Can help with bloating, diarrhoea and may even help lower cholesterol.

Heart Disease

- A decline in the hormone oestrogen may be a factor in heart disease.
- Oestrogen is believed to have a positive effect on the inner layer of the artery wall – helping to keep the blood vessels flexible.
- Other changes include:-
 - Increased blood pressure
 - LDL (bad) cholesterol goes up
 - HDL (good) cholesterol declines
 - Triglycerides (fats) tend to increase.

Nutritional Support for Heart Disease

- Increase your intake of Omega 3 – studies have shown the following (eat 3 oily fish portions a week)
 - 29% decrease in Triglycerides
 - Lowers cholesterol by 12%
 - Increases good cholesterol HDL by 10% and
 - Reduced bad cholesterol LDL by 32%
 - Can supplement – BUT NOT IF YOU ARE ON BLOOD THINNERS.
- Follow a low GL diet – a study of 82,802 women during a 20 year follow up – showed a high GL diet doubled (95%) your risk of heart disease.

Nutritional Support for Heart Disease

- Increase anti-oxidant levels
- 6000 ORACs (oxygen radical absorbency capacity) a day keeps your heart healthy. Each item below is 2000 ORACs.

½ tsp cinnamon	½ tsp dried oregano
½ tsp turmeric	1 heaped tsp mustard
1/5 cup blueberries	½ pear or ½ grapefruit
½ cup of blackcurrants, berries, raspberries or strawberries	½ cup cherries or a shot of Cherry Active
An orange or an apple	4 pieces of dark chocolate (75% cocoa solids)
7 walnut halves	8 pecan halves
¼ cup of pistachio nuts	½ cup of cooked lentils
1 cup of cooked kidney beans	1/3 medium avocado
½ cup of sliced red cabbage	2 cups of broccoli florets
1 medium artichoke or 8 spears of asparagus	1/3 medium glass (150ml) of red wine

Urinary Tract Infections

- UTIs are the most common bacterial infections in women, and increase in incidence after the menopause.
- As you age the vaginal wall tissue thins, making it more prone to infection.
- Having trouble emptying your bladder, which can increase the chance of infection in the bladder.
- Pelvic muscles weaken as we get older, leading to stress incontinence (if we exercise, sneeze, cough, laugh).

Nutritional Support for UTIs

- Drink water – up to 2 litres a day. Studies have shown that increasing hydration reduced UTIs requiring anti-biotics by 58% and hospital admission by 36% in nursing homes. May be taken as herbal teas, lemon and water.
- Take pure unsweetened cranberry or blueberry juice.
- Take a diet rich in plant food as it can alkalise the urine and make infection less likely.
- Reduce acidic foods eg. Meat, dairy
- Certain beverages can irritate the bladder e.g. caffeine, cola (acidic) and alcohol. Lowering the intake can be helpful.
- Taking fermented foods can reduce the occurrence of UTIs.
- Supplements such as probiotics for that area of the body and cranberry tablets have been shown to be beneficial.

What Else can Help??

Phytoestrogens

- Science is querying why menopause is experienced differently around the world. In certain cultures women have minimal menopausal symptoms.
- Upon observation, scientists are beginning to study the benefits of a group of plant hormones known as phytoestrogens – they naturally occur in food e.g. soya.
- Soya contain 2 flavonoids, genistein & daidzein – studies have shown they are chemically similar to Tamoxifen (drug used to prevent breast cancer). These very weak oestrogens latch onto the oestrogen receptors on the breast and they stop the powerful carcinogenic oestrogen getting through. They have a protective effect, as well as helping to balance hormones – which are responsible for menopausal symptoms such as hot flushes.
- Phytoestrogens can also lower the effect of cholesterol – so protective effects in terms of heart disease.
- Phytoestrogens can include soya (fermented is best), hops, dandelion, red clover, sage, alfalfa and flaxseeds.

Supplements that help and why

- Vitamin C
 - help reduce hot flushes
 - produce collagen (improve skin elasticity (including vagina)).
 - Good sources are citrus fruit, such as **oranges** and orange **juice**, **peppers**.,strawberries, **blackcurrants**, **broccoli**, **brussels sprouts** and **potatoes**
- Vitamin E
 - help reduce hot flushes
 - Prevents vaginal dryness (1 study showed that taking 400iu per day between 1-4 months helped 50% women).
 - Sea Buckthorn is also very good for this condition.
 - Helps to prevent heart disease – (a study showed that 2000 patients with arteriosclerosis (fatty deposits in the arteries) had a 75% reduction in their risk of heart attacks when given Vitamin E.
 - Good sources include: plant oils – such as rapeseed (vegetable oil), sunflower, soya, corn and olive oil. **nuts** and **seeds**. wheatgerm – found in cereals and cereal product.
- B Vitamins
 - Symptoms of B-deficiency include anxiety, tension, irritability and poor concentration.
 - Your adrenal glands also produce oestrogen (mediate stress) – so beneficial to support these – B vitamins will do this.
 - Helps to increase energy levels (think of Berocca advert – ‘you but on a really good day’.
 - Some top sources of B vitamins include **meat** (especially liver), seafood, poultry, eggs, dairy products, legumes, leafy greens, seeds and fortified foods, such as breakfast cereal and nutritional yeast

Supplements that help and why

- Omega 3 Fatty Acids
 - Signs of Omega 3 deficiency is dry skin, lifeless hair, cracked nails, fatigue, depression, dry eyes, low motivation, aching joints, difficulty losing weight, breast pain. All symptoms that can be confused with menopausal symptoms.
 - Anti-inflammatory effect on the body
 - Good sources are fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines); Nuts and seeds (such as flaxseed, chia seeds, and walnuts); Plant oils (such as flaxseed oil, soybean oil, and canola oil)
- Magnesium
 - Needed for your bones
 - Known as 'nature's tranquilliser' –help with symptoms of anxiety, irritability and sleeping.
 - Magnesium is widely distributed in plant and animal foods and in beverages. **Green leafy vegetables**, such as **spinach**, legumes, nuts, **seeds**, and whole grains, are good sources.

Supplements that help and why

- Calcium
 - Needed for your bones, teeth, nails and hair.
 - Needed for healthy heart rhythm and blood pressure
 - Needed for normal blood clotting, muscle contraction and proper functioning of nervous system.
 - Calcium containing foods – cabbage, broccoli, almonds, sesame seeds, soft fish bones found in sardines and whitebait, dried fruit, pulses and tofu.
- Vitamin D
 - Needed for calcium absorption
 - Prevents cancer especially breast cancer
 - Prevention of heart disease, Type II diabetes and osteoporosis.
 - Diet – oily fish (herring, salmon, sardines, mackerel and egg yolks)
 - Supplements (daily amount is 400iu, can take 1000iu in this country) – now recommended for all over 1 year old.

Herbs that help and why

- Black Cohosh
 - Is a SERM (selective oestrogen receptor modulator) – stimulate oestrogen receptors in some part of body e.g. bones and brain. It does not stimulate in womb or breast (don't wish to have overstimulation which may increase risk of cancer).
- Agnus Castus
 - Balancing effect on hormones
 - Increase hormones if too low
 - Decrease hormones if too high
 - Beneficial in peri-menopause stage



Herbs that help and why

- Sage
 - help reduce hot flushes & night sweats
 - Can get it in tea form, tablets or drops
- Milk Thistle
 - Useful in balancing hormones
 - Supports the liver in detoxifying hormones
- Ginkgo Biloba
 - Helps with memory & concentration.
- **PLEASE NOTE DO-NOT TAKE ANY OF THE HERBS MENTIONED IF YOU ARE TAKEN THE PILL, HRT OR HORMONAL TREATMENT – CONSULT YOUR DOCTOR.**





Lifestyle

Alcohol

- As you age your body becomes more sensitive to alcohol as you hold less water to dilute it.
- It may appear to help you unwind or forget your worries but has a negative effect on your mood and mental health.
- Fine line between moderate and excessive drinking
- 5 or more units of alcohol in a sitting is termed a binge.
- It is okay to have 1 unit of alcohol a day (125ml of wine, shot of spirits or 1 beer).
- Drinking more than this increases your risks of
 - Cancer
 - Liver disease
 - Osteoporosis
 - Obesity
 - Depression
- Menopausal women find that alcohol increases the number and severity of hot flushes, headaches and negatively affects the quality of sleep.

Smoking

- Similar risks as alcohol for your future health
 - Cancer
 - Osteoporosis
 - Heart disease
- Some studies have shown hot flashes are more frequent or severe in smokers versus non-smokers.
- Smoking may even bring on early menopause.



Exercise

- 40% of adult women in the UK do not get enough exercise – putting them at risk of health issues including
 - Type II diabetes
 - Heart disease
 - Cancer
- This figure is higher for menopausal women – understandable considering menopausal women have
 - Lower energy
 - Low motivation
 - Low mood



Summary

- Understand where you are in your menopause journey.
- Look at the symptoms you may be experiencing.
- Document your options.
- Discuss with your health care professional.
- Remember the following may help
 - Food
 - Exercise
 - CBT
 - HRT
 - Supplements
- Discuss with your family, partner and work (if you are experiencing significant changes).
- Remember there is 'calm and poise' on the other side.

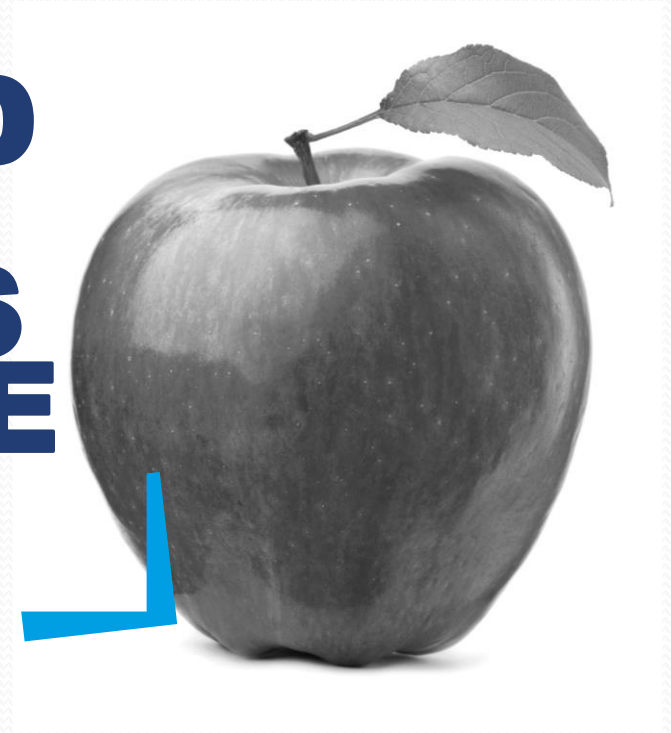
Questions & Answers

- Kate Staunton
 - info@katestaunton.com
 - Phone: 07875 303096
- Services
 - 1:1 Nutritional Consultation
 - Group talks

HELP AND ADVICE

- Menopause Clinic at the Mater (only 1 in NI)
- Private Menopause Clinics in Holywood.
- Menopause Matters great practical and informative website
- Menopause Café as above
- British Menopause Society – lots of info but a bit academic
- BITCNI – will be launching Menopause Champion Training.
- Create a workplace culture and Menopause Ambassadors

PUTTING HEALTHY AND INCLUSIVE WORKPLACES AT YOUR CORE



Managing the Menopause at Work