



The impact menopause has on our physical health.

Heart health.

During menopause, a woman's risk of cardiovascular heart diseases rises. This is thought to be, at least, partly due to reducing estrogen levels which are thought to have a positive effect on the inner layer of artery walls.

Women may see:

- Increased blood pressure
- Increased cholesterol levels

Nutrition and exercise can support women facing these changes.

Bone health.

Women reach peak bone mass around the age of 30. And we can lose 20% of our bone density in the 5-7 years after menopause. This is because estrogen influences the bones ability to absorb calcium for bone formation and inhibits bone absorption.

Although bone density decreases through menopause, risk of osteoporosis and broken bones stays relatively low, for most women until much older, as bone density is one factor in the risks for osteoporosis.

The risk of osteoporosis and related bone diseases is thought to remain relatively low until women are much older BUT action before, and during menopause can help to preserve your bone health. Nutrition and training both support bone health and can make a huge difference. A sedentary way of life can increase the risk of bone health issues.

How to help your bone density.

Sedentary living increases the risk of bone issues. Sitting is the worst thing for bone mass.

At any age, you can take preventative steps...

By getting enough calcium from your diet, as well as from supplements. Vitamin D supplements help absorb calcium and build bone.

Get exercising! Weight bearing exercises, household chores, gardening, resistance training, yoga, aerobics and cardio all helps preserve bones and joints with mood-boosting bonus.

Pelvic floor health.

Urogenitary (urinary and genital organs) issues can arise during the menopausal transition, due to hormonal changes. Virginal dryness, atrophy (muscle wastage), dyspareunia (pain during sex) and loss of libido are common symptoms.

Pelvic floor issues can also cause persistent low back pain.