

Living well through perimenopause and menopause

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Aims of the Session

- Menopause and weight gain
- Living well through the menopause
 - Diet
 - Activity
 - Mental health
 - Sleep
- Resources available in your area

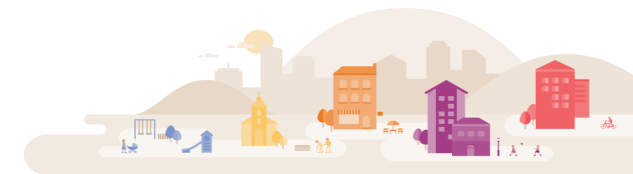


Menopause and weight gain

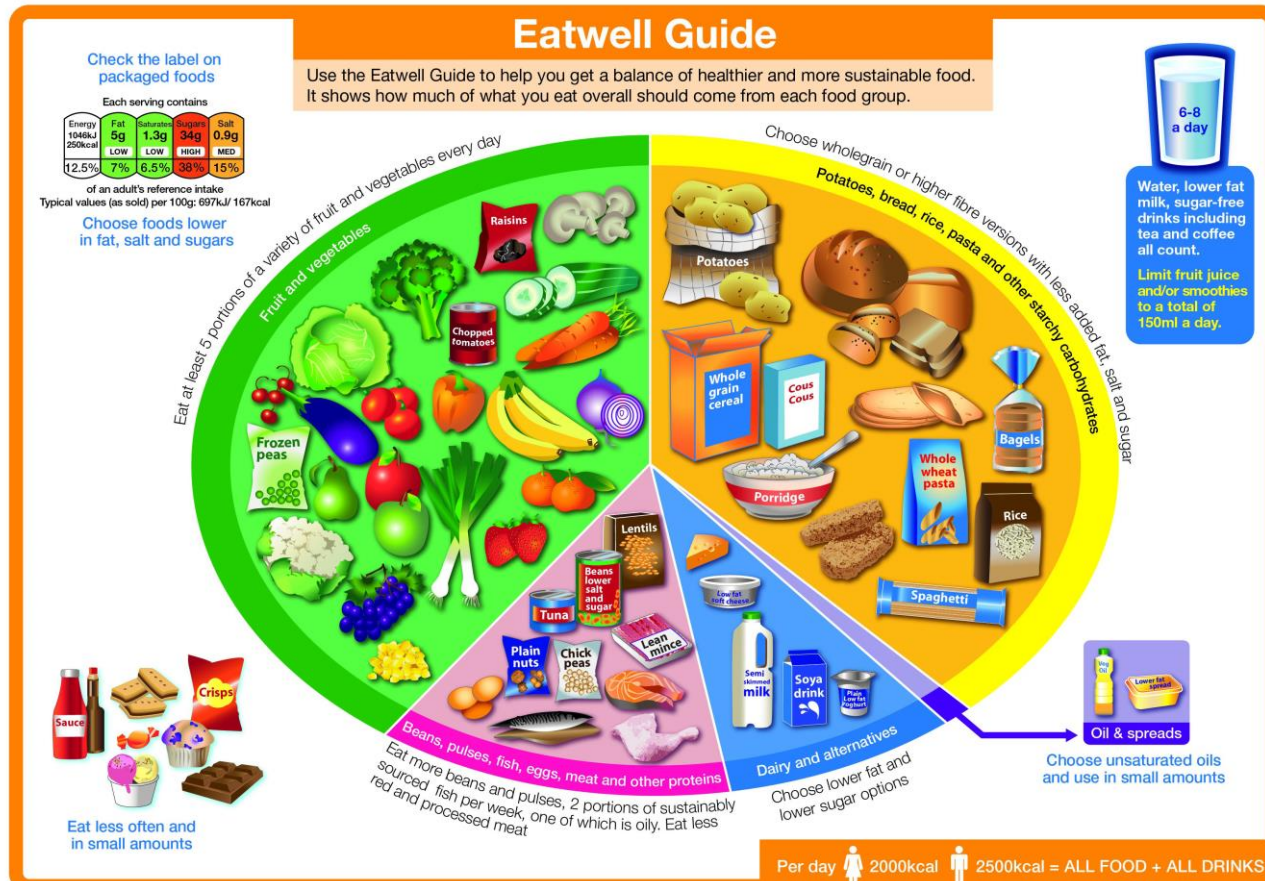


- Fluctuating estrogen levels during menopause can lead to weight gain as it affects the way we store fat. This is because your fat cells can produce estrogen which offers the body a safety net if it's running low on estrogen.
- Low progesterone levels are linked with water retention. Though this doesn't result in weight gain, it does make you feel uncomfortable in your clothes
- Testosterone may be higher at the start of menopause and this will cause fat accumulation around our waist rather than hips
- Another factor is an increase in insulin resistance makes our bodies store, rather than burn, calories. It also changes where we store fat, and normally this is around the waist.
- For example – if you eat 1000 calories, your body would burn 700 calories for energy and store 300 calories as fat. After the menopause, you will store 700 calories and burn 300 calories!
- Psychological impact of menopause can also lead to weight gain. Feeling low, anxious and a lack of energy doesn't leave you wanting to go for a walk or do exercise.

Fact: Evidence suggests that HRT does not lead to weight gain. A small number of women develop fluid retention but this is normally transient and balances out in a month or two



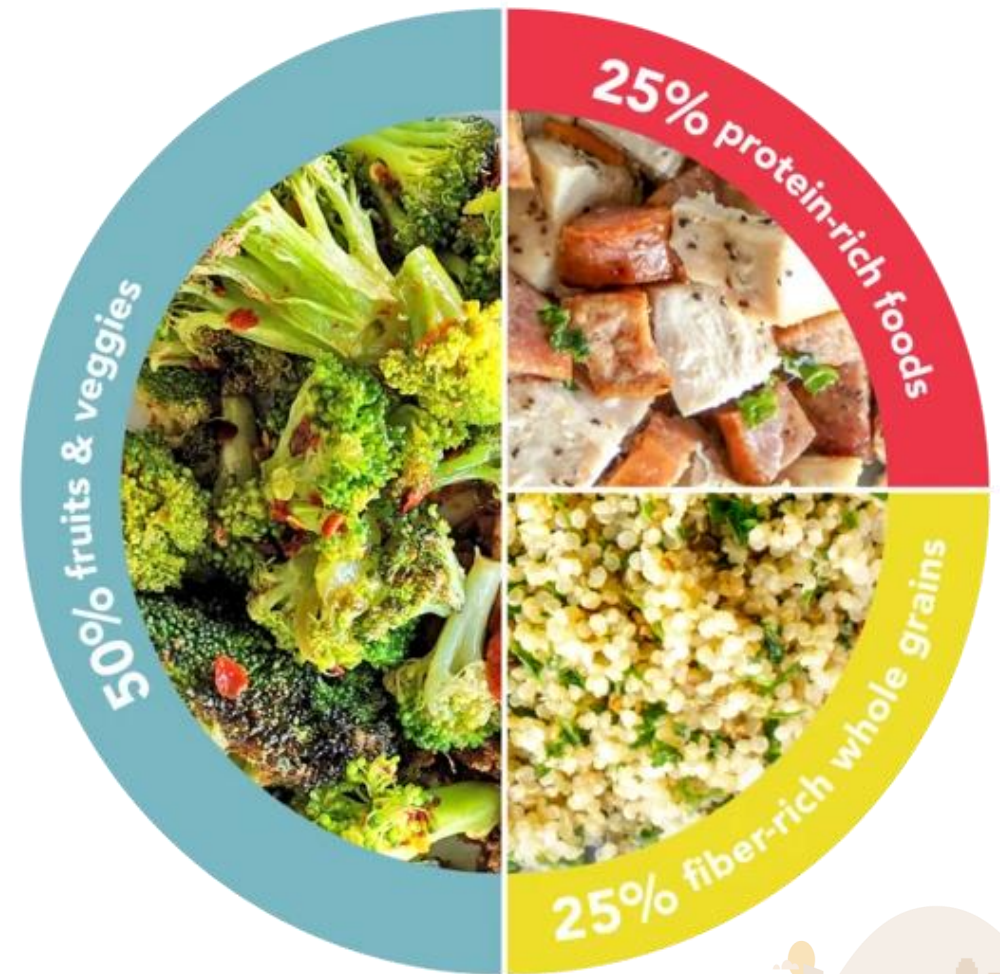
The Eatwell Guide



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The Easy Plate

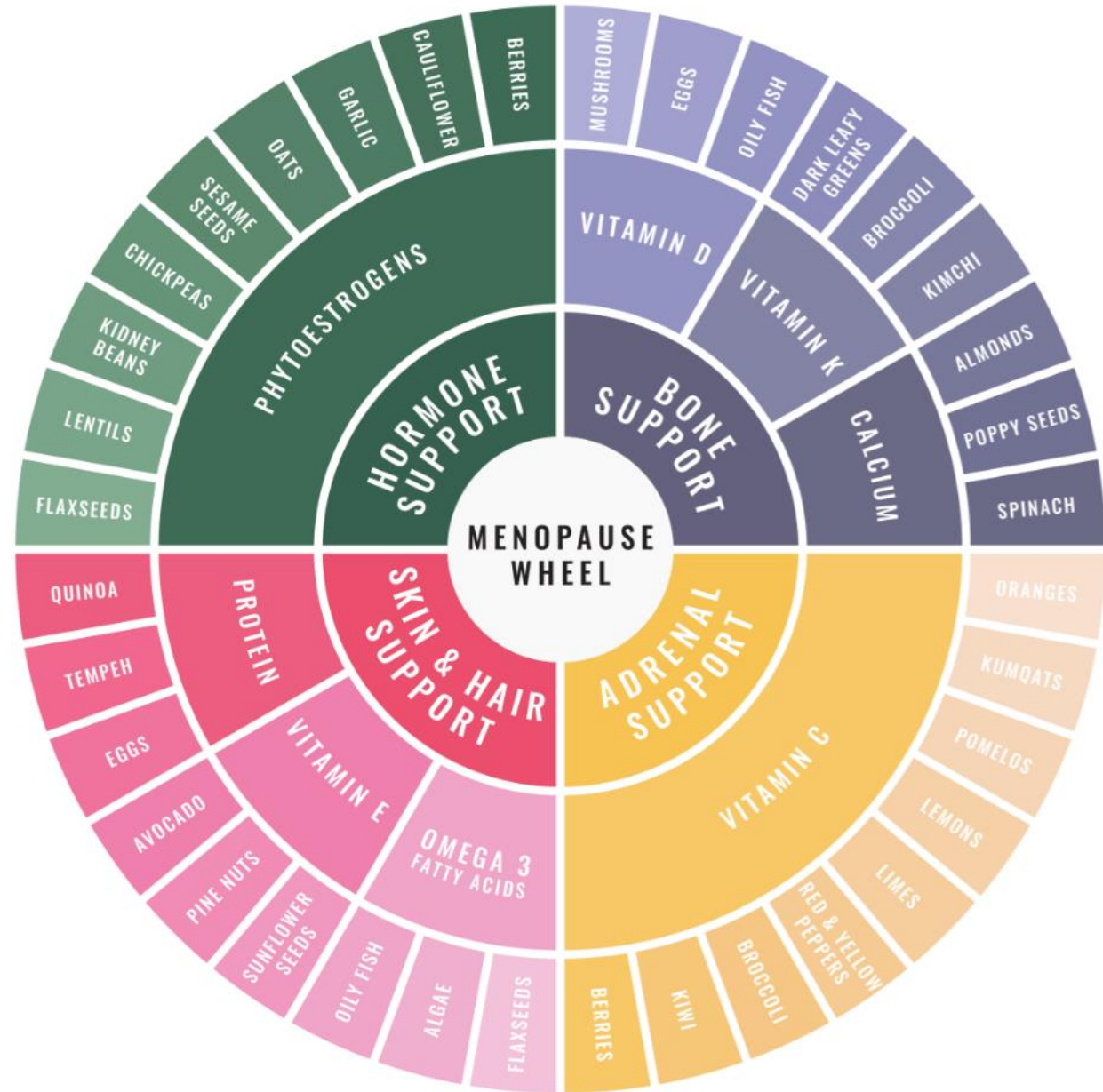


Eating well

Mediterranean diet principles – Healthy Heart

Low in processed foods, meat and dairy foods
Low in salt and sugar

Contains high amounts of vegetables, nuts, beans, cereals, fish and unsaturated fats like olive oil.

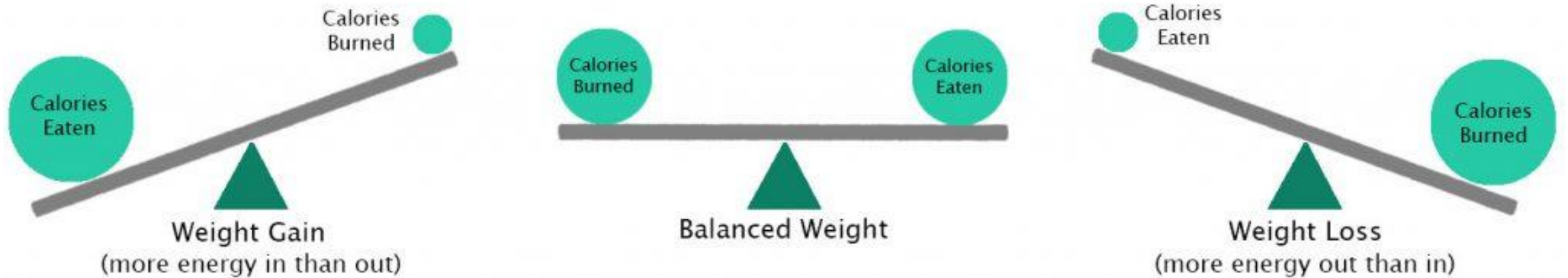


Approaches to weight management



Energy Balance – Calorie reduction and increase in energy expenditure

- Sustainable changes to reduce higher energy foods e.g., reduction in fast food, convenience foods, high fat dressings/sauces
- Awareness of calories in foods and drinks and how it relates to weight management
- 9Kcal in 1g fat, 4kcal in 1g protein, 4kcal in 1g carbohydrate
- Increase in energy expenditure through movement – moderate intensity (80-120BPM)



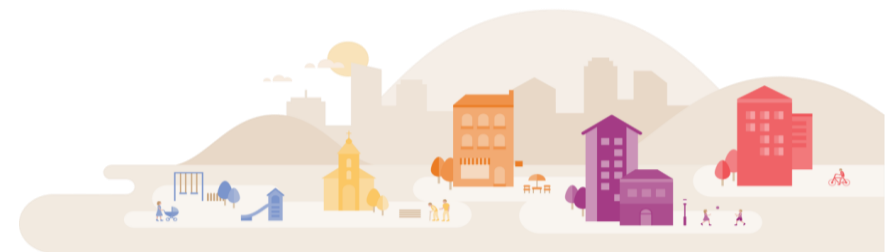
Approaches to weight management



Lower carb and lower GI food intake

There are many types of carbohydrates (carbs), but they all behave differently in your body. This is because carbs – or starchy foods – are digested at different rates, which has an effect on your blood glucose (blood sugar) levels. The Glycaemic Index (GI), is a ranking of how quickly these foods make your blood glucose levels rise after eating them.

Carbohydrate food	Lower GI choice
Bread	Multigrain, granary, rye, seeded, wholegrain, oat, pita bread, and chapatti
Potatoes	New potatoes in their skins, sweet potato and yam
Pasta and Noodles	All pasta – cook al dente
Rice	Basmati, long grain and brown
Other grains	Bulgar wheat, barley, couscous and quinoa
Breakfast cereal	Porridge, muesli, most oat and bran-based cereal



Approaches to weight management

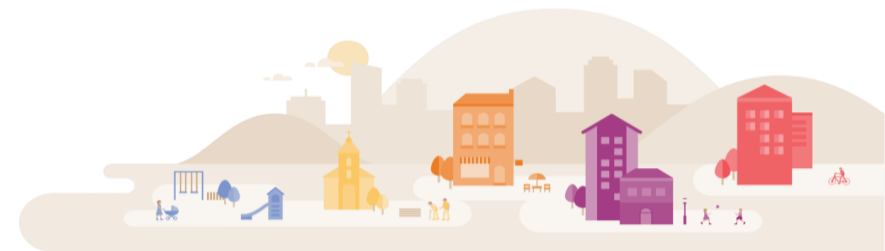


Intermittent fasting approach

This is an eating pattern that cycles between periods of eating and not eating (fasting).

16/8 method - a daily fasting program where one fasts for a 16-hour consecutive window, then eats for an 8-hour consecutive window.

5:2 – eating a low-calorie intake for 2 days in a week – normally around 500 calories for women and then eating a healthy, balanced diet the rest of the time



Caffeine and Alcohol



Both caffeine and alcohol can make hot flushes worse so try to moderate intake of caffeine from drinks like coffee, tea and colas or choose decaffeinated drinks if you are sensitive to its stimulatory effects.

Keep to sensible alcohol limits – no more than 2-3 units per day, avoid altogether if you feel it makes symptoms worse.

It is also advised to **Stop Smoking** to:

- Decrease the likelihood of developing heart disease, cancer and osteoporosis
- Improve hot flushes

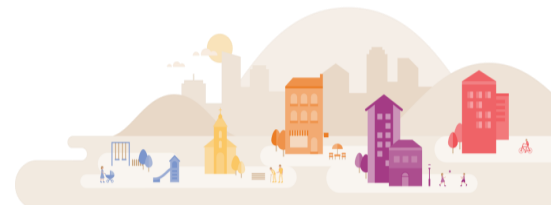
Note that spicy food can also trigger hot flushes so limit this



Prioritising exercise



- ✓ It improves your bone health – bones get stronger as you use them and give them work to do. Aim for a combination of weight-bearing exercise with impact, and muscle strengthening exercise
- ✓ It maintains muscle mass – you lose muscle mass as you get older and regular exercise can slow this down, lowering your risk of falls and fractures.
- ✓ It helps heart health – going through the menopause puts you at greater risk of diseases of the heart and blood vessels if you do not take HRT. Regular exercise helps to maintain healthy cholesterol and reduce the risk of high blood pressure and heart disease
- ✓ It helps your mood – as discussed, regular exercise can really help how you're feeling, lift your mood, help you de-stress and give you more energy and motivation.
- ✓ It helps you stay a healthy weight – falling levels of estrogen can lead to greater fat distribution around your middle (which in turn raises risks of heart disease, diabetes and cancer) and some menopausal women find their weight creeps up – perhaps because they're doing less exercise due to their achy joints, or they're drinking more alcohol to help unwind or get off to sleep



Regular Exercise....



Amount:

The goal for healthy adult women is 150 minutes a week of moderate exercises or 75 minutes per week of vigorous aerobic activity, alongside muscle-strengthening workouts twice a week.

Type:

Cardio workouts include biking, running, or swimming, while muscle-strengthening routines may consist of working with resistance bands or doing yoga.

Useful Tips:

To stick to the workout regimen for longer, it is better to choose exercises that one enjoys. It could be taking brisk walks in the morning, riding a bike, or signing up for a dance class.

Precautions:

Staying away from strenuous exercise, like endurance training, is recommended for all middle-aged women. For beginners, it is safer to start with short workouts and gradually build up to a higher level.



Prioritising leisure time



- ✓ Spending time doing the things you enjoy will have a beneficial effect on your symptoms and how you're feeling.
- ✓ Whether that is going for a long walk with a friend or spending some much-needed time by yourself enjoying a hobby – without demands being made on you.
- ✓ These activities are really important for your wellbeing and relaxation.
- ✓ You are more likely to stick to activities you enjoy, and we often exercise more when it is a social activity and we do it with a friend.



Sleeping well

Reasons people may struggle are hot flashes, sweats or mental health changes like anxiety or depression.



A lack of sleep – for example, 4-5 hours a night instead of 7-8 hours – can have a negative effect on:

- how your brain functions and exacerbates brain fog and memory difficulties
- lower your immunity
- increase your risk of developing heart disease and cancer

How to improve your sleep

- ✓ Follow a regular sleep schedule. Go to sleep and get up at the same time each day.
- ✓ Avoid napping in the late afternoon or evening if you can. It may keep you awake at night.
- ✓ Develop a bedtime routine. Some people read a book, listen to soothing music, or soak in a warm bath.
- ✓ Try not to watch television or use your computer or mobile device in the bedroom. The light from these devices may make it difficult for you to fall asleep.
- ✓ Keep your bedroom at a comfortable temperature, not too hot or too cold, and as quiet as possible.
- ✓ Exercise at regular times each day but not close to bedtime.
- ✓ Avoid eating a large meal close to bedtime.
- ✓ Stay away from caffeine (found in many coffees, teas, and chocolate) late in the day.
- ✓ Remember, alcohol won't help you sleep. Even small amounts make it harder to stay asleep.
- ✓ Consider taking magnesium supplements with vitamin B



Resources



Weight Management - What's available in your area?

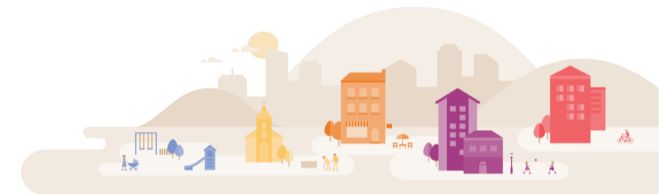
Nottinghamshire residents – Your Health Your Way IWS – free 12-week group programme inc. 52 weeks follow up support. Weight management education and physical activity. Free physical activity only sessions also.

Nottingham City – Free 12 weeks at Slimming World

Derbyshire – Live Life Better Derbyshire – free 12-week Programme for weight management

Other:

- Balance App – free to all women
- The Sleep Council
- MenoHealth
- NHS website
- NICE guidelines



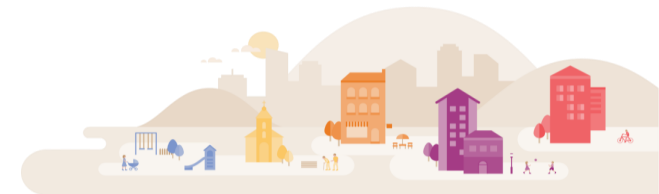


Your Health Your Way – how to refer

- Self referral via
 - Telephone - 0115 772 2515
 - Email – yourhealth.notts@nhs.net
 - Website - www.yourhealthnotts.co.uk

For Health Professionals

- Single online referral form and electronic referrals can be made via the F12 function on SystmOne/Ardens
- Self-referral can be completed via website or by calling our admin team
- Referrals direct from hospitals or via nhs.net email
- Referrals processed within 1 working day





Any Questions?
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