

HealthyME | Life@ Montefiore Human Resources

Understanding Menopause

What to expect in the next stage of your life

Menopause is the time in a woman's life where she is no longer able to have children. It is confirmed 12 months after the last menstrual period. For most women, this between 45-55 years old.

During menopause, the ovaries reduce functionality which causes a reduction in hormones like estrogen and progesterone. These hormonal changes are responsible for many of the symptoms associated with menopause.

Feel **EMPOWERED** with knowledge and tools to stay healthy at every age

SYMPTOMS

- Night sweats
- Hot flashes
- Abnormal uterine bleeding
- Vaginal dryness and irritation
- Increased risk of urinary tract infections
- Painful urination
- Frequent urination
- Difficulty sleeping
- Memory issues
- Mood disturbances
- Changes in weight distribution
- Changes in blood pressure and/or cholesterol
- Joint pain
- Decreased strength

CARE TEAM

Look for providers that have been certified by the Menopause Society.

- Primary Care Provider
- Gynecologist
- Endocrinologist
- Cardiologist
- Dietitian
- Physical Therapist
- Mental Health Professional

To schedule a free consultation or workshop, please email WellnessRD@Montefiore.org.

Scan the QR code to register for upcoming HealthyME workshops and events. For more information about our health & well-being benefits, visit HealthyMEBenefits.com.

Montefiore Einstein

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Lifestyle Changes During Menopause

Incorporate these exercise and nutrition changes to ease your transition into menopause.

Nutrition Recommendations

- Include healthy fats from nuts, seeds, and avocado to support heart health
- Aim to get around 20-25 grams of protein per meal to keep you satiated
- Prioritize foods rich in calcium and vitamin D for bone health
- Aim to get at least 25 grams of fiber per day to support gut and liver health
- Be mindful of portion sizes
- Reduce your intake of saturated fats, added sugars and sodium as these can negatively impact your metabolic health

SUPPLEMENTS

It may be beneficial to supplement certain nutrients depending on your intake. There is also ongoing research on natural and chemical compounds that may help to alleviate some of the symptoms associated with menopause.

If you are interested in taking supplement, speak with your medical provider to determine if they are appropriate for you.



EXERCISE DURING MENOPAUSE

- Aim to get at least 150 minutes of aerobic physical activity per week
- Incorporate 2-4 strength training sessions per week using machines, free weights, resistance bands or body weight
- Add mobility and balance training through pilates and yoga to help reduce your risk of falls
- Consult with a physical therapist to ensure you are performing the exercises safely

Weekly Inspiration and Support

Finding time for yourself can be difficult, but 15 minutes once a week can make a difference. Join HealthyME Registered Dietitian Monica Kelly for bite-sized nutrition sessions every Thursday where you'll learn practical tips to help you build healthy habits, one small step at a time.

Scan the QR code to register.