

Portishead wellbeing workshops

Menopause

18 October 2023

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Mental health & menopause

- 1 in 10 women have suicidal thoughts
- 9 in 10 suffer mental health issues as a direct result of perimenopause
- 80% don't even talk to their partner or spouse about their struggles with mental health
- 37% of women surveyed haven't sought any kind of help

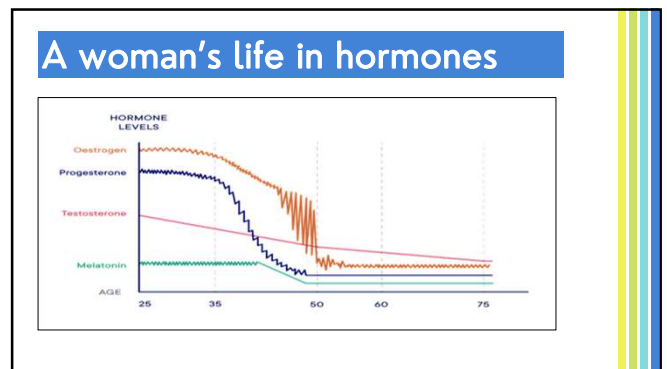
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Menopause – a rollercoaster

- The last menstrual bleed of a woman with a uterus
- The Ovaries stop functioning
- There will be no further cycles of oestradiol, progesterone or testosterone – only from the adrenal glands
- In the UK this usually happens between the ages of 45-55.
- However, 1 in 10 women will reach menopause before the age of 45

Menopause	Perimenopause	Pre-menopause
Average age is 51 12 consecutive months with no menstruation	Commonly occurs in the 40s May experience irregular periods, weight gain, mood swings, and more	No noticeable changes, but hormones start to shift

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Peri-menopause

- This is the time before periods stop
- Can be as early as 40
- Usually around 45-48
- Periods may remain regular but may change to being heavier/lighter, cycle length changes
- May experience changes in mood
- Hormones are fluctuating wildly - as oestrogen waxes and wanes

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Ovaries & their actions

- Between puberty and menopause the ovaries work to regulate the menstrual cycle and to create the changes necessary in pregnancy if an egg is fertilised
- However, they also play a role in women's health and wellbeing
- Controlled by two gonadotrophin hormones from the pituitary: The FSH (Follicular Stimulating Hormone) and LH (Luteinising Hormone)
- As a woman hits menopause the ovaries stop responding to these two hormones, therefore they stop producing eggs and oestradiol levels drop
- This does not happen quickly and can take up to 15 years for a woman to have her final period
- The lack of oestrogen is the cause of menopausal symptoms.

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Symptoms

Physical & psychological

- Hot flushes
- Night sweats
- Vaginal dryness
- Pain with sexual intercourse
- Headaches
- Dry/itchy skin
- Joint and muscle pain
- Back pain
- Depression
- Irritability
- Mood swings
- Anxiety
- Poor sleep
- Tiredness
- Low libido
- Tearfulness
- Poor memory
- Brain fog

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Symptom support

- 95% of women will try alternative therapies before using HRT
- HRT is gold standard of treatment options - BUT it is not for everyone
- Lifestyle - plant based diet can help with hot flushes
- Reduce sugar - can help reduce night sweats and improve mood
- Acupuncture
- CBT - Low mood, anxiety and hot flushes
- Some herbal medicines can help - sage for hot flushes, Probiotics for mood & gut health, vitamins D & B12 for general health, magnesium for sleep & muscles.
- St Johns Wort and Black Cohosh - careful with interactions

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South-East Asian Women

- Women may not complain of severe vasomotor symptoms
- Chinese and Japanese women may report a lower importance of sex and suffer more from low libido and sexual pain
- They may suffer more from forgetfulness, joint and muscle pains
- These women have lower bone mineral density but still have a lower risk of osteoporotic fractures than Caucasian women - this may be explained by higher composite strength indices.

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Lifestyle changes

- Maintain a healthy weight - try to keep BMI below 30
- Eat a plant-based diet and reduce sugar
- Reduce alcohol
- Exercise regularly
- Stop smoking
- Reduce stress

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African & Caribbean Women

- The mean age of natural menopause is 49.6 years
- Women experience a longer duration of menopause transition
- These women have the highest prevalence and longest duration of vasomotor symptoms, and they are also more severe
- They are more likely to experience shorter sleep duration, more frequent awakenings and less efficient sleep
- Weight gain and mental health issues may be prominent
- They display a smaller decline in sexual function and report a greater importance of sex
- Even women with severe symptoms may find it difficult to come forward to seek help.

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Hormone replacement therapy

- HRT is a prescribed form of treatment for menopausal symptoms
- It replaces the hormone Oestrogen that declines and disappears through your peri-menopause and menopause
- It also replaces the Progesterone that declines in order to prevent endometrial cancer due to too much Oestrogen
- It can be given as pill form or transdermal such as a patch or gel.

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HRT

Benefits & risks

- Alleviates hot flushes & night sweats
- Improves quality of sleep
- Reduces muscle and joint pain
- Can help improve low mood and depressive symptoms
- Improves vaginal dryness and prevents UTIs / stress incontinence
- Reduces risk of osteoporosis
- Reduces the risk of cardiovascular disease
- Lower risk of colorectal cancer
- Has a positive effect on collagen
- Maintains and enhances muscle mass
- Possible reduction in likelihood of developing Alzheimer's
- Can reduce migraines

- Venous thromboembolism (VTE) - dose and delivery dependent
- Stroke - delivery dependent
- Breast cancer – depends on lifestyle as well as family and personal history
- Endometrial cancer - if not combined

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Nutrition and the menopause

- How can nutrition support you during the menopause?
- Insulin resistance
- Symptom support – what are your biggest challenges?
- A 'menopause diet'
- Where to start...

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Breastcancer

Percentage in the UK annually

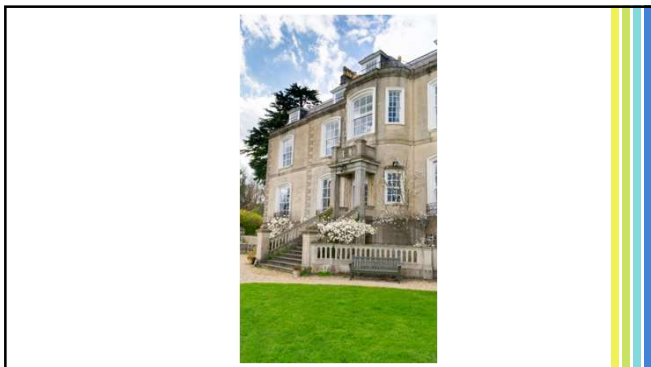
- Obesity and overweight 8%
- Alcohol 8%
- Lack of breast-feeding 5%
- Postmenopausal hormones 2%
- Remaining breast cancers 77%

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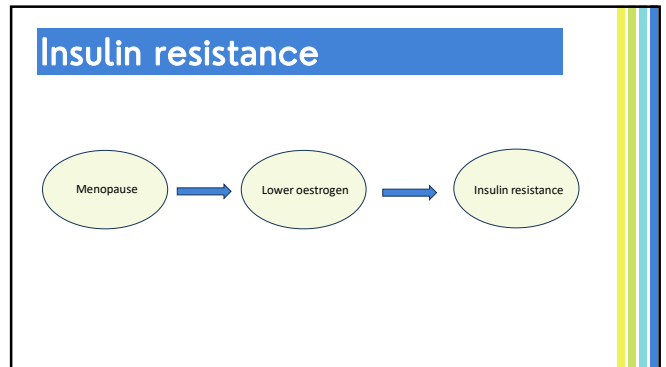
Nutrition support



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Insulin resistance




- Low energy levels
- Imbalanced mood
- Hunger and cravings
- Aches and pains
- Foggy head
- Skin / hair changes
- Greater severity of hot flushes
- Weight gain
- Increasing blood glucose levels

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Symptom support


What are your biggest challenges?



- Foggy head, anxiety, low mood
- Hot flushes, night sweats
- Body composition changes
- Skin / hair changes
- Libido
- Bone health
- Cardiovascular health

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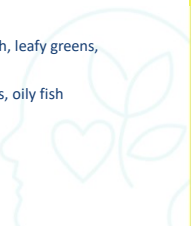
Insulin resistance



- Low energy levels
- Imbalanced mood
- Hunger & cravings
- Aches & pains
- Foggy head
- Skin / hair changes
- Greater severity of hot flushes
- Weight gain
- Increasing blood glucose
- Altered eating habits
- Moving less
- Poor sleep
- Stress
- Reduced self-esteem & self efficacy
- Spending less time doing the things which bring joy

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Foggy head, anxiety, low mood



- Reduce glucose spikes
- Protein at each meal
- Natural fats – omega 3's
- B vitamins – fish, meat, dairy, avocado, chickpeas, spinach, leafy greens, pumpkin seeds, nuts
- Magnesium – cacao, avocados, nuts, legumes, tofu, seeds, oily fish
- Zinc – meat, beans, seeds, nuts, dairy
- Iron – meat, tofu, leafy greens, legumes, pulses
- Nourish your gut – variety, probiotics and prebiotics
- Adaptogens

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Insulin resistance

- Sufficient protein at each meal
- Reducing glucose spikes
- Eating enough real food at each meal
- Planned mealtimes allowing your body to switch to repair / fat burning mode
- Stress management plan
- Look at sleep and movement

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Hot flushes, night sweats



- Reduce blood glucose spikes
- Phytoestrogens - seeds, beans and lentils, fruit, soy and vegetables
- Vitamin E – almonds, sunflower seeds, avocado, spinach, chard, squash, trout
- Be aware of triggers – Sugar, caffeine, alcohol, spices, MSG, sulphites, hot drinks, stress

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Body composition changes

- Mostly real, unprocessed food
- Reduce glucose spikes
- Protein at each meal
- Natural fats
- Fill up on fibre
- When do you eat?
- Drink water
- Nurture you



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Bone health

Protein at each meal	Meat, fish, eggs, tofu, dairy, nuts, seeds, beans
Vitamin D	Sunshine, oily fish, eggs, offal, Vitamin D enriched mushrooms, supplement
Calcium	Dairy products, green leafy vegetables, almonds, sesame seeds, sardines, pulses, tofu
Vitamin K	Sauerkraut, dairy products from grass-fed cows, egg yolks, kimchi, green leafy and cruciferous vegetables
Nutrient dense foods	Healthy Eating Plate

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Skin / hair changes

- **Nutrient dense diet** -natural fats, reduced processed foods, high fibre, variety, hydration
- Reduce blood sugar spikes
- Pay special attention to **iron, zinc, vitamin C & omega 3**



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Cardiovascular health

- Reduce insulin resistance



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Libido

- Nutrition dense diet
- Reduce sugar intake
- Maca
- Ashwagandha



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A menopause diet



- Protein at every meal
- Enjoy natural fats
- Reduce sugar spikes
- Eat wholesome, filling foods
- Variety
- Plan and prep


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A menopause diet

Breakfast	Deli plate or scrambled eggs your way Kefir
Lunch	Cobb salad or leftovers Dark chocolate
Snack	Handful of nuts and seeds
Dinner	Salmon with stir fried vegetables & edamame beans Berries & greek yoghurt with chia

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Benefits




“I could talk for hours about the benefits of strength training – when I do it consistently, I feel happier.

My body feels stronger and more capable to take on the challenges of life.”

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Where to start...


Simply and compassionately
Not ‘all or nothing’
Start with your first meal of the day



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Benefits

“Strength training has built my confidence, aided my mental health and changed my negative mindset to a ‘can do’ attitude!”




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Strength training

Did you know?


- It prevents muscle loss
- It can support fat loss
- It improves your posture
- It improves sleep
- It reduces stress
- It improves your mental wellbeing
- It improves your mobility



Being strong is not something to be scared of!

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Benefits




“The benefits of strength training go throughout life - to reach strength targets and benefit other sports you do.


It gives you underlying strength that helps everyday activities such as; standing strong, being confident in work presentations, being able to lift a sleeping child, or shifting things around the house or garden.”

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Benefits



"I am moving so much better and the pain in my back has gone."



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Free wellbeing workshops

for residents of Portishead



Over the next 18 months residents in Portishead will be able to attend a series of workshops to support their wellbeing needs.

THESE WORKSHOPS WILL COVER:

- 2023 ● 20th Sep - Managing anxiety in children and young people
- 19th Oct - Menopause
- 15th Nov - Developing a healthy relationship with food
- 2024 ● 17th Jan - Living with chronic pain
- 7th Feb - Diabetes management
- 20th Mar - Dementia and falls prevention
- 17th Apr - End of life conversations

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Courses

North Somerset Wellbeing – Second Step

- Free workshops designed to explore, improve & maintain wellbeing - The Folk Hall Fedden Room, Tuesdays 1-3pm
- The Physical & Psychological Effects of the Menopause – Online, Thurs 9 November 10.30-11.30am
- Support & Relationships During Menopause – Online, Thurs 16 November 10.30-11.30am

 www.second-step.co.uk
 0333 032 3504
 NSWellbeing@second-step.co.uk



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Q and A's

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Resource recommendations

Books:

- Hungry Woman, Pauline Cox
- The Perimenopause Solution, Dr. Shahzadi Harper & Emma Bardwell
- The Glucose Goddess Method, Jessie Inchauspè
- And Fast Like A Girl, Mindy Pelz
- The Natural Menopause, Karen Newby

Instagram:

- Dean Edwards @deanedwardschef
- Suzanne Mulholland @thebatchlady



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