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MESSA
Wellness

Master Menopause

Presented by:

Rhonda Jones, MESSA health promotion consultant

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From taboo to trending

- ✓ A cultural shift is happening
- ✓ Menopause talk is no longer taboo
- ✓ Menopause-related beauty products are flooding the markets
- ✓ Celebrities are telling their stories
- ✓ Telemedicine companies are popping up everywhere

Objectives

- ✓ Learn stages of menopause and the hormones involved
- ✓ Understand symptoms associated with menopause and long-term health implications, which can affect work
- ✓ Discover lifestyle strategies for menopause such as nutrition, exercise, sleep and stress management



What is menopause?

- ✓ Permanent cessation of a menstrual cycle
- ✓ Confirmed when menstrual periods have stopped for 12 months



Menopause transition is a natural event

Average age of U.S. women is between 51 and 52 years of age



Terminology

- ✓ **Primary ovarian insufficiency:** Occurring before age 40
- ✓ **Early menopause:** Before age 45
- ✓ **Late menopause:** After age 54
- ✓ **Perimenopause:** A menopause transition characterized by irregular menstrual cycles or 2 to 12 months of missed periods
- ✓ **Post menopause:** 12 months of the absence of periods
- ✓ **Surgical menopause:** Removal of ovaries
- ✓ **Medical menopause:** Induced by estrogen-blocking drugs or chemotherapy

Three types of estrogen

Estrone (E1)

The primary form of estrogen that your body makes **after menopause**

Estradiol (E2)

The primary form of estrogen during your **reproductive years**, and the most potent form of estrogen

Estriol (E3)

The primary form of estrogen during **pregnancy**

Hormonal changes



- ✓ Decreased
 - Estrogen
 - Progesterone
 - Testosterone
 - DHEA
 - Melatonin



- ✓ Increased
 - FSH



- ✓ Imbalanced
 - Thyroid (T3, T4)
 - Cortisol
 - Insulin

Classic symptoms

- ✓ Change in menstrual cycle pattern
- ✓ Change in weight distribution (menopause belly)
- ✓ Vaginal symptoms
- ✓ Sleep disturbances
- ✓ Mood changes, depression, anxiety



Hot flashes
and night
sweats



There is no
one universal
menopause
syndrome

Other symptoms

- ✓ Cognitive concerns:
 - Memory
 - Concentration
 - Brain fog
- ✓ Joint pain
- ✓ Palpitations
- ✓ Dry eyes



Health risks of menopause

- ✓ Osteoporosis
- ✓ Loss of muscle
- ✓ Coronary artery disease
- ✓ Insulin resistance and prediabetes
- ✓ Neuroinflammation
- ✓ Visceral fat gain

MENOPAUSE NUTRITION

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Menopause nutrition

- ✓ Eat the rainbow
- ✓ Vegetables
- ✓ Low glycemic fruits
- ✓ Whole grains
- ✓ Lean meats
- ✓ Be cautious to avoid low energy availability (LEA)



Protein

- ✓ Shuts off hunger signals in the brain
- ✓ Helps maintain focus
- ✓ Facilitates serotonin and dopamine levels
- ✓ Helps to control sugar cravings
- ✓ Necessary to build lean muscle
- ✓ Necessary to protect bone density
- ✓ Necessary for getting quality sleep

Protein

- ✓ Aim for 1 gram per pound of body weight, if overweight aim for 1 gram per pound of ideal body weight.

— Turkey	— Raw, organic nuts and seeds
— Beef	— Greek yogurt
— Chicken	— Kefir
— Wild caught cold water fish	— Lentils
— Eggs	— Tempeh

Carbohydrates

- ✓ Insulin resistance rises as estrogen declines, making it important to monitor carbohydrate intake.
- ✓ Fresh veggies and fruit (low glycemic)
 - Avocados, sweet potatoes, yams, artichokes
- ✓ Fermented veggies
- ✓ Grains
 - Lentils, brown rice, quinoa
- ✓ Cruciferous veggies
 - Broccoli, Brussels sprouts, cauliflower

Fat

- ✓ Healthy fats are necessary for:
 - Vitamin absorption
 - Brain function
 - Hormone production
 - Immune system support
 - Reducing inflammation
 - Cell structure
 - Organ protection
 - Joint cushioning

- ***Flax***
- ***Avocado***
- ***Ghee***
- ***Olives***
- ***Organic virgin coconut oil***
- ***Medium chain triglycerides***
- ***Raw, organic nuts and seeds***

Rx for middle age nutrition

The basics

- ✓ Increase protein
- ✓ Limit sugar
- ✓ Increase fiber



Rx for middle age nutrition

Beyond the basics

- ✓ Micronutrients
 - Calcium, Vitamin D, Vitamin K, boron
 - Green tea
 - Magnesium
 - Omega 3 fatty acids: salmon, anchovies, flax seeds, chia seeds, hemp seeds

Rx for middle age nutrition

Beyond the basics

✓ Phytoestrogens

- Flax seeds, sesame seeds
- Berries
- Alfalfa
- Apples
- Pomegranate
- Lentils, barley
- Carrots
- Tofu
- tempeh
- Fermented soy

Rx for middle age nutrition

Beyond the basics

✓ Resistant starches

- Beans
- Lentils
- Unripe bananas
- Steel cut oats
- Rice, cooked and cooled
- Sweet potatoes, cooked and cooled
- Root vegetables

MENOPAUSE MOVEMENT

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Movement

- ✓ Excess exercise without proper rest and recovery can lead to adrenal and thyroid dysfunction.
- ✓ Women over 50 should incorporate jump training, heavy resistance training, and sprint interval training for maximum health span and life span benefits.



Aim for
12,500 steps
per day

Stay
consistent with
your exercise
routine



Movement

- ✓ Jump training
 - Multi-directional stress on the bones
 - 10 minutes three times a week
 - Can increase bone density

- ✓ Heavy resistance training
 - Build lean mass
 - Increase metabolic rate
 - Increase joint strength and stability
 - Better glucose control

- ✓ Sprint interval training
 - 80% or more of max heart rate
 - Start with one day and gradually work up to 3 days

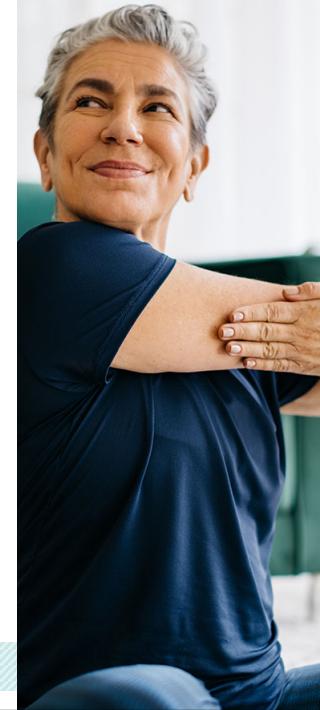
Resistance training

- ✓ Multi-joint exercise
 - Squat
 - Lunge
 - Deadlift
 - Bench press
 - Row
 - Lat pull down
 - Shoulder Press
- ✓ Aim for 3-4 sets of 8-12 reps



Rest and recovery

- ✓ Rest and recovery workouts three or more times a week
 - Hot baths (Epsom salt)
 - Massage/foam rolling
 - Mind/body, such as Tai Chi, Pilates
 - Sauna
 - Stretching
 - Walking your pets
 - Playing with your kids
 - Pelvic floor/core



Exercise nutrient timing

- ✓ Don't go into an intense workout without fueling up
- ✓ Pre-workout snack of a protein and a carb
- ✓ Post workout fuel within 30 minutes



Hydrate before, during and after your workout



Midlife exercise Rx

- ✓ More is not better
- ✓ 3-5 days a week
- ✓ 2 days of heavy strength training; end with 5-10 min of jump training
- ✓ 2-3 days sprint interval training or HIIT



MENOPAUSE
SLEEP

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Sleep

- ✓ Identify and remove sleep disruptors
 - Keep room cool and dark
 - Pleasant relaxing fragrance: lavender, lemon balm
 - Soft, comfortable bedding
 - Minimal noise or calming acoustics



Sleep

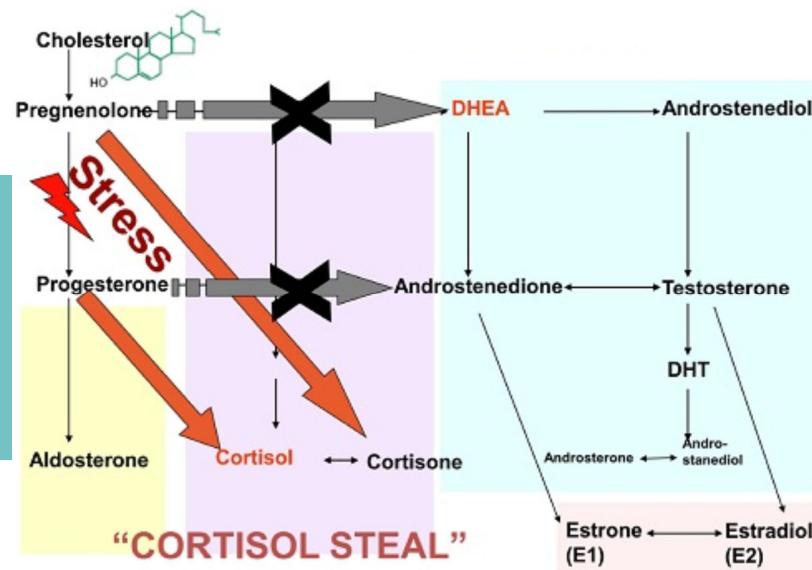
- ✓ Prioritize circadian health
 - Get sunlight in the morning
 - Exercise during the earlier part of the day
 - Maintain consistent sleep and wake times



Sleep tips

- ✓ Blue light suppresses melatonin, which already decreases with age.
- ✓ Alcohol within an hour of bedtime shortens your REM sleep, so you get less restorative sleep.
- ✓ Eat at least three hours before bedtime for adequate digestion.
- ✓ Take an Epsom salt bath as part of your bedtime routine.

Cortisol steal



Prioritize self-care

- ✓ Social connection
- ✓ Write in a journal
- ✓ Meditation
- ✓ Nature
 - Walk on the beach
 - Garden
 - Get sunshine
 - Grounding



Call your BFF



MESSA believes the hardworking people who care for our kids, our schools and our communities **deserve exceptional health benefits and unmatched personal service.**



Our **WHY**



Questions?

Rhonda Jones
healthy@messsa.org | 800-292-4910
messsa.org/wellness



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