Demystify the menopause - power, potency and pizzazz!

Thursday 24th October 2019
Menopause demystified
power - potency - pizzazz

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Agenda

- My story
- What is ‘the menopause’?
- Misdiagnosis: why it happens
- Support options
- An opportunity to redefine who you are
- Next steps and special offers
Ageing is that extraordinary process where you become the person you always should have been

David Bowie
Those troublesome creatures …

the menopause marauders
Itchy
Bitchy
Sweaty
Sleepy
Bloated
Depressed
Forgetful

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Grumpy
What is the menopause?

From the Greek *men* (month) and *pausis* (cessation)

The ‘menopause’ was a term coined by French physician Charles Pierre Louis De Gardanne in 1821 (*le menespausie*) – the ending of monthly menstruation.

We are all born with a finite number of eggs, as these start to diminish it prompts the hormonal rollercoaster, when they are all gone – this is the menopause
Two stages ...

Peri-menopause: (Greek – near [peri])

- the time from when experiences start to 12 / 24 months after your last period

Post-menopause:

- the time following on from that 12 / 24 month time span, with experiences sometimes continuing
Some stats …

- 52% of the population are women.
- Around 57% of that 52% are between 40 and 60, the two key menopausal transition decades.
- Not every woman will experience pregnancy and childbirth, however every woman (if she lives long enough) will experience the menopause.
- 1 in 4 women consider leaving their job / career / business during this transition due to the severity of symptoms.
Our hormones and what they do
Oestrogen is responsible for ...

- Promoting the development of breasts
- The thickening of the endometrium
- Regulating the menstrual cycle
- Increasing vaginal lubrication
- Increasing bone formation
- Accelerating the metabolism
Impact of dip in oestrogen

- Verbal memory may be affected
- The cause of mood swings and depression
- It helps balance our hunger, so a decrease can lead to overeating
- Maintains bone density, so loss of oestrogen can lead to osteoporosis developing
- It protects the arteries, so low oestrogen levels may increase the risk of heart disease
Progesterone is responsible for...

- Progesterone: promoting gestation
- Promotes bone building and protects against osteoporosis
- Improves premenstrual symptoms (PMS)
- Protects against endometrial cancer
- Maintains lining of uterus
- Prepares the womb for potential pregnancy
Impact of dip in progesterone

- As oestrogen drops and we become infertile, progesterone becomes redundant, as it is not needed to strengthen the lining of the uterus and support potential pregnancy.

- Progesterone dips so low as to virtually disappear.

- As it is the ‘normalising’ hormone that balances oestrogen, its disappearance may impact mood and emotional well being.
Testosterone is responsible for ...

- Our energy and ‘drive’ in life
- Our mental alertness and focus
- Our physical strength
- Our libido (sex drive) and levels of physical desire
- May help prevent heart disease (still under research)
- Can reduce the risk of breast cancer
Impact of a dip in testosterone

- Mental alertness may be affected
- Physical energy will be compromised
- Distribution of weight is affected and may lead to extra storage of fat
- Sex drive and physical desire are likely to decrease
- It is at its highest level in females during teenage years
What does all this mean for us?

This is so frustrating
The life cycle of female hormones

- Childhood
- Menarche (start of periods)
- Childbearing age
- Menopause
- Peri-menopause
- Post-menopause
DHEA / oestrogen / progesterone / testosterone
Support options
Supplements
Essential oils
Nutrition – balanced diet
Cannabis oil (CBD oil)
Can help with …

- Relief for chronic pain
- Reduction in anxiety and depression
- Reduction in inflammation
- Reduction in oxidative stress
- Helps to promote healthy weight
- Has a positive impact on heart health
- Improves skin condition
- Reduction / elimination of hot flushes and night sweats
Emotional and physical well-being
Emotional wellbeing

- Managing and reducing stress where possible
  - Stress has been shown to potentially increase the possibility of osteoporosis post menopause
  - Unmanaged stress can also lead to the storage of extra weight around the midriff

- Ask for help

- Don’t suffer in silence, sharing is one of the greatest ways to diminish stress associated with menopause
Physical wellbeing

- Your exercise routine may change as you enter the menopause

- More:
  - Stretching: yoga, pilates (for balance and strong core)
  - Different aerobic: walking, cycling, swimming, dancing
  - Muscle strengthening: weights / resistance
  - Tibetan yoga
  - Tai Chi (shown to improve cognitive function, Harvard Medical Review 2018)
Potential additional support

Hypnotherapy
Homeopathy
Acupuncture
CBT
Mindfulness / Meditation
Reiki
Kinesiology
Aromatherapy
Reflexology
Background

because midlife matters!

A million women versus the Danish
Breast cancer: the facts

23 women in 1000 (baseline)
HRT and breast cancer – other risks

23 women in 1000 (baseline)

- smoking (+3)
- combined HRT (+4)
- >= 2 units alcohol (+5)
- BMI >30 (+24)
- transdermal oestrogen (-4)
- 2.5 hours exercise / week (-7)

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HRT and VTE

VTE
(venous thromboembolism)
Leg – DVT
Lung – pulmonary embolism

Personal history → Risk factor → Oral

Elevated BMI → Risk factor → Transdermal

Very high risk → Oral
No change in risk → Transdermal
HRT – the key points

The balance of benefit to harm always needs to be assessed but appears to have shifted favourably for HRT. Users can be reassured provided:

- There are no potential contra-indications and the decision is made in collaboration with your healthcare professional.
- You are assessed by your GP / specialist consultant at least once a year.
- Blood pressure remains stable.
- More than twice as many women suffer heart disease post-menopause than breast cancer (UK) more than 7 times (US).
Xenoestrogens

- Parabens
  - Creams, lotions, shampoo etc
  - The importance of ‘clean’ products with no carcinogens.
  - Tropic Skincare

- App ‘Think Dirty’ (shop clean)

- Phthalates
  - Mostly in plastics
Bio identical HRT

- rBHRT (regulated bio-identical HRT available on the NHS) Aka ‘body identical’

- cBHRT (unregulated ‘compounded’ bio-identical HRT being sold by private clinics or online)

- rBHRT has undergone strict clinical trials and regulation on dosage, strength and impact; cBHRT hasn’t
Information is power

- Whilst we are all women we are all different – like snowflakes!
- What works for another woman may not work for you
- Information gives the control of your menopause over to you
- You may find the right solution immediately, or you may find you experiment before discovering the ideal way forward
Next steps …

- Questions: now or privately via e-mail
- Sign up to receive our quarterly e-newsletter ‘Midlife Matters’. Send me an e-mail
- Talk with me about 1:1 coaching and support
- Take advantage of our special offer on our online programme

katie@rdp-int.com
Online Menopause demystified programme
usually £75 per person, special offer: £37.50

1:1 coaching and ‘reinvention’ support
usually £100 per hour, special offer: £50

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