

Osteoporosis and Bone Health⁴

- Women lose bone density more rapidly during the menopause transition
- Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined
- A woman in her 50's has a 40% chance of developing hip, vertebral, and wrist fractures in her lifetime
- Major complications of osteoporosis include hip and vertebral (spine) fractures

WHAT YOU CAN DO TO REDUCE RISK

- Stop smoking
- Limit alcohol consumption
- Limit caffeine intake
- Take adequate Vitamin D and calcium (including supplements if necessary)
- Participate in weight bearing exercise on a regular basis
- Be aware of fall prevention strategies

Talk to your health care provider about screening tests of bone health and osteoporosis³

Heart Disease Facts⁴

- Prior to menopause, estrogen protects against heart disease
- After menopause, a woman's heart disease risk increases steadily due to a lack of estrogen
- Women who start hormone therapy within 10 years of menopause have a lower risk of heart disease

WHAT YOU CAN DO TO REDUCE RISK

- Eat a healthy diet low in saturated fat
- Maintain a healthy diet
- Schedule regular exercise (150 minutes per week or more)
- Maintain a healthy blood pressure
- Have lipid levels monitored and treated if necessary
- Get screened for diabetes
- Stop smoking

94% of heart disease risk in women is preventable⁴

References:

1. Rrmc.org. (2024). Understanding & Managing Menopause. Available at: <https://www.rrmc.org/news-media/healthy-together/womens-health/understanding-managing-menopause>. Accessed on: 16 Jun 2025. 2. South African Menopause Society. Menopause Facts. Available at: <https://www.menopause.co.za/menopause-facts>. Accessed on 5 Jun 2025. 3. Sigma Canadian Menopause Society. Menopause: Times Have Changed. Let's Talk. Available at: https://www.canadianmenopausesociety.org/files/publications/SCM1249_Sigma%20CMS%20Flip%20Chart_FINALR%20April%2025.pdf. Accessed on 5 Jun 2025. 4. Sigma Canadian Menopause Society. Menopause: Managing Symptoms, Improving Health. Available at: <https://www.canadianmenopausesociety.org/files/publications/sigma-trifold.pdf>. Accessed on 5 Jun 2025. 5. Santoro N, Epperson CN, Mathews SB. Menopausal symptoms and their management. Endocrinology and Metabolism Clinics. 2015 Sep 1;44(3):497-515.

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Understanding MENOPAUSE

“Menopause is a natural bodily condition that brings with it sudden and often unexpected changes that can impact both physical and mental health.”

Stages of Menopause²

Menopause is a gradual process that has three stages:



Perimenopause

This begins over several years, when the ovaries gradually make less estrogen. Perimenopause lasts up until menopause, the point when the ovaries stop releasing eggs. In the last 1 to 2 years of perimenopause, the drop in estrogen quickens, and many women experience menopause symptoms.



Menopause

This is the point of having no menstrual period for one year. At this stage, the ovaries have stopped releasing eggs and making most of their estrogen.



Postmenopause

These are the years after menopause. During this stage, menopausal symptoms such as hot flashes usually ease. Due to various risk factors with aging including a lower level of estrogen, postmenopausal women are at increased risk for other health conditions, such as osteoporosis and heart disease.

Menopause Symptoms³

Menopause is a time of natural transition. There may be a variety of symptoms during this transition including:

Lack of energy



Depression



Muscle and joint aches and pains



Flushing and night sweats



Insomnia



Vaginal dryness



Bladder control issues



Sexual problems



It is important to speak to your Health Care Provider if you are experiencing these symptoms

Better understanding of the risk for these common symptoms in menopausal women will aid prevention, detection and treatment⁵

Lifestyle Changes and Choices⁴

Menopause presents an opportunity to consider lifestyle changes. These changes will promote healthier aging, and may help to alleviate some of the troublesome symptoms of menopause:

Healthy dietary choices



Smoking cessation



Regular exercise (both aerobic and weights)



Relaxation and stress management technique



Moderation of alcohol consumption

