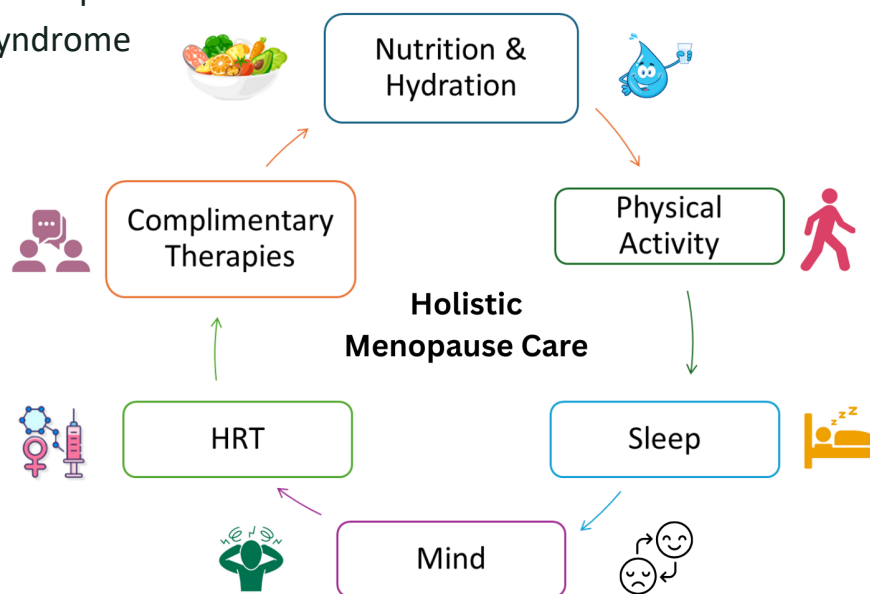


Common Symptoms

- Hot or cold flashes, night sweats
- Changes in Mood and Memory
- Bladder and Vaginal symptoms
- Changes in Body Weight and Body Shape
- Gut Health and Digestive issues
- Sleep disturbances & Fatigue
- Headaches & Migraines
- Joint and Muscle pains
- Metabolic Syndrome

When to consult?

If symptoms are affecting your daily life or seems to be getting worse, don't hesitate to reach out to a registered Nutritionist like myself, your GP, or a registered Dietician.



How to prepare for a Menopause Consult

- Track your symptoms (request for a bladder diary if needed).
- List your questions.
- Review your family and medical history.
- Track your lifestyle habits (Diet, Exercise, Sleep, Stress).
- Bring family or a friend to the appointment for support (if needed).
- Be open and honest about discussing your concerns and seeking professional help.

What to expect at the appointment?

- Discussion of symptoms and medical history.
- Understanding long-term health risks.
- Advice on nutrition and lifestyle changes.
- Other options to manage symptoms such as HRT, Complimentary therapies, and other alternatives.
- Available Resources and Support
- When to follow-up next.

Menopause affects each woman differently. Growing attention on menopause and conflicting nutrition information are making it harder to manage symptoms effectively. Here are some myth busters to help you make an informed decision.

Carbohydrates

Myth: Carbohydrates cause weight gain and insulin resistance.

Reality: Hormonal changes during menopause may affect insulin response, leading to blood sugar fluctuations. However, consuming carbohydrates as part of a well-balanced fibre-rich diet does not cause weight gain, can help reduce the risk of cardiovascular disease and prevent nutritional deficiencies.

Weight Gain

Myth: Weight gain during menopause is unavoidable due to changes in hormones and metabolism.

Reality: Not all women experience weight gain during menopause. Changes to metabolism is part of ageing process even in absence of menopause. Factors such as sleep, stress, activity levels, and genetics also play a role in weight changes.

Magnesium

Myth: Magnesium can treat most menopausal symptoms.

Reality: While magnesium may help with some symptoms like hot flashes, low mood, brain fog, low energy, bone health, sleep and more, research findings on its specific use to treat menopausal symptoms are contradictory.

Low-fat Diets

Myth: Low-fat diets are the best to manage menopause symptoms.

Reality: While low-fat diets can support healthy weight management, restricting essential healthy fats may increase the risk of CVD and high blood pressure. A moderate intake of healthy fats is important for supporting heart health, bone health and brain function.

Soya

Myth: Soya increases the risk of breast cancer.

Reality: Soya is a natural source of phytoestrogens (oestrogen like compound) and may offer potential benefits for menopausal symptoms. There is insufficient evidence to link it to an increased risk of breast cancer.