

MENOPAUSE HEALTH COACHING

Week Six

Heart health + pulling it all together for ageing well

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Health, Food & Movement Coach to Women through the Menopause



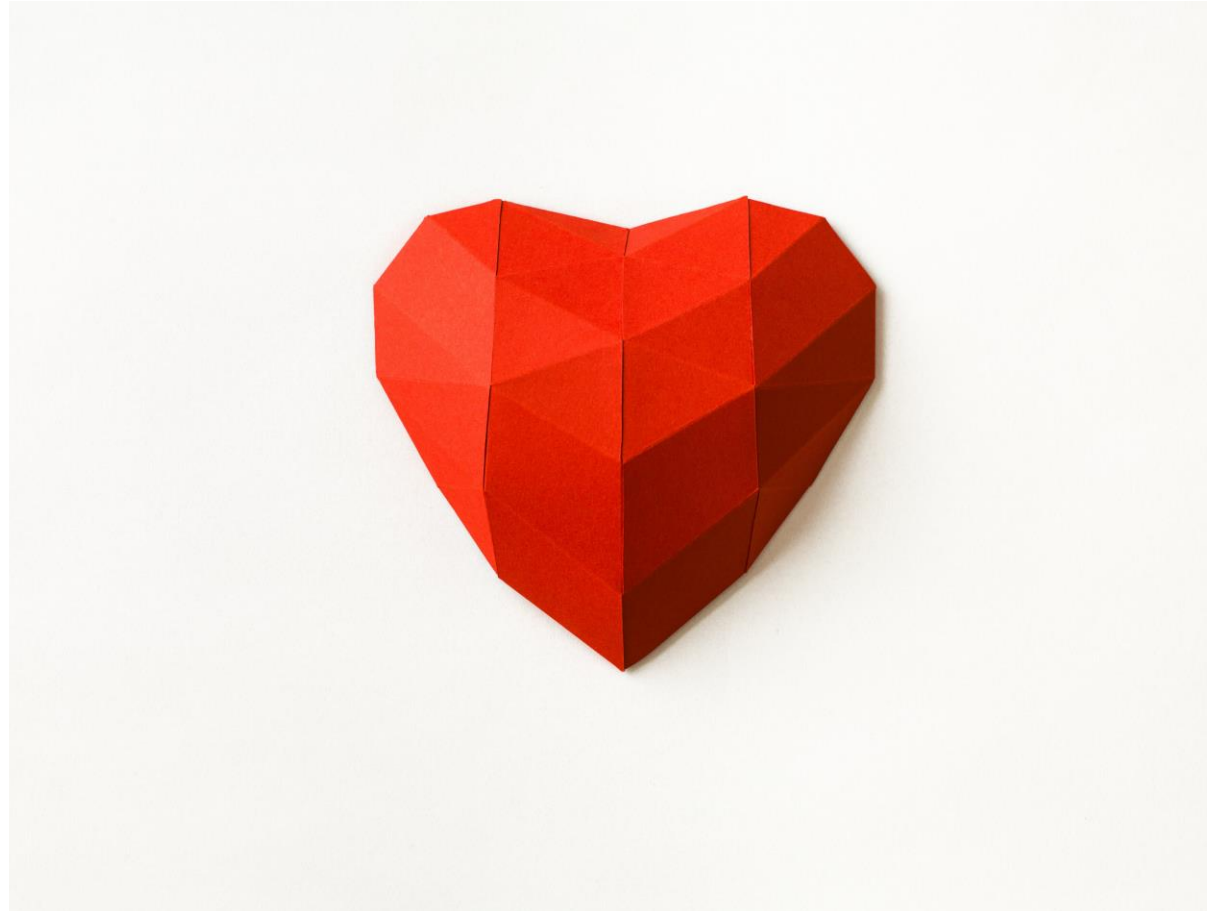
Some stats – women and heart disease

Women x 2 likely to die of heart disease as breast cancer (BHF)

Under 45, chance of atherosclerosis is 1 woman compared to 40 men.
Age 45-64 – its 1 to 3.
(Burrell Education)

A woman is 50% more likely than a man to receive an incorrect initial diagnosis & correct treatment (BHF)

Until 2010, heart disease was the leading cause of death for women (all ages) – (now) dementia (ONS)



Approx 800,000 women in UK currently have heart disease (BHF)

However good news – the rate of heart disease & stroke for women has halved since 2001 (ONS)

Menopause specific – risk factors



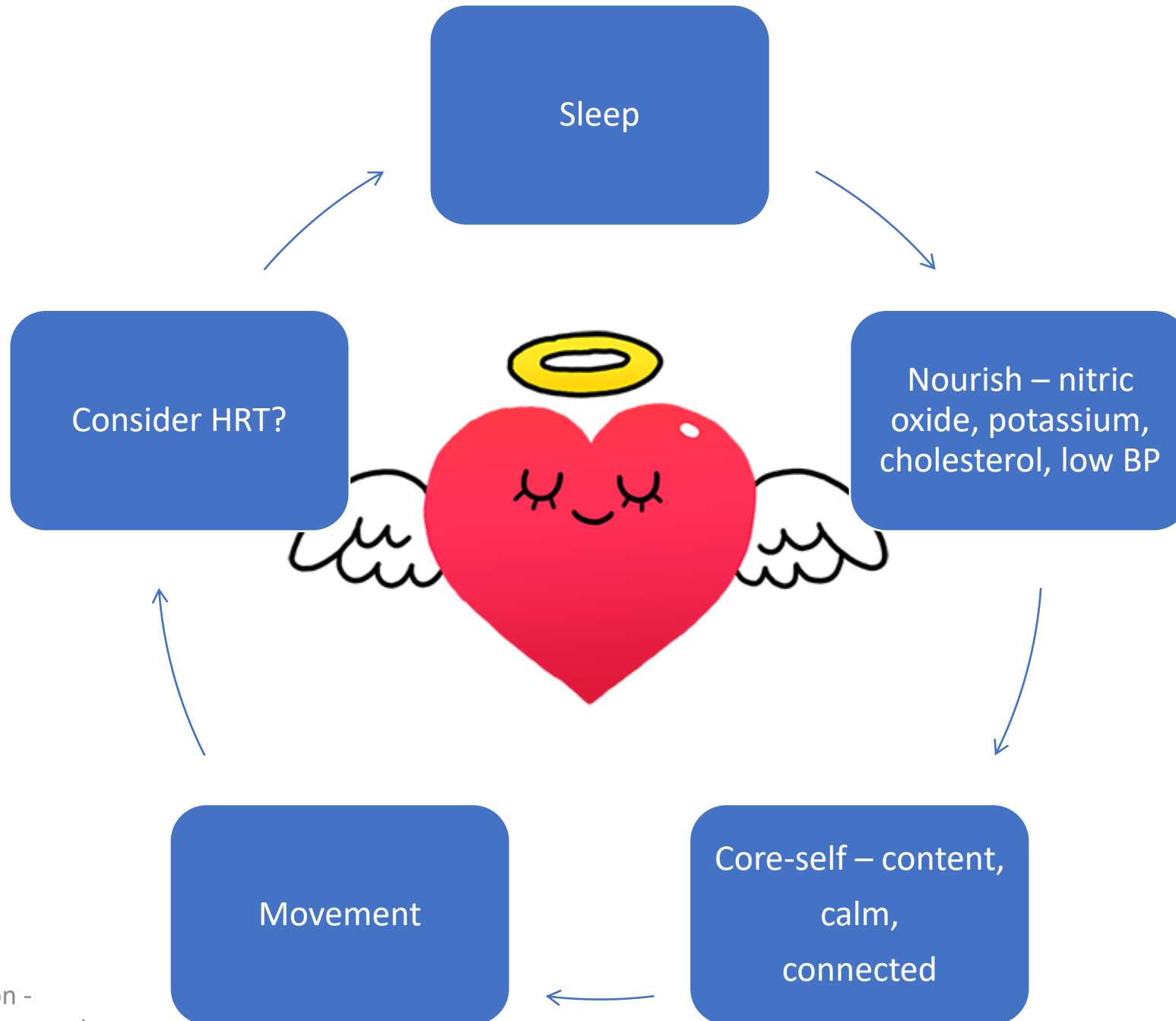
1. Increased rate of laying down heart fat during the menopause
2. Oestrogen receptors in the cardiovascular system – O is protective in many ways
3. **Other symptoms** of menopause increase risk of heart disease – weight gain around middle, higher blood pressure & cholesterol, type 2 diabetes risk (metabolic syndrome), depression
4. **Lifestyle** and life changes during the menopause can make self-care harder
 - Sedentary
 - Poor diet
 - Poor sleep
 - Stress, anxiety, low mood
5. Reduced nitric oxide produced during menopause – increases risk of HD

Symptoms of a heart attack for women

It isn't always a sharp pain in chest. Be on the lookout for:

- Back, neck or jaw pain
- Sweating
- Dizziness
- Shortness of breath
- Nausea / vomiting
- Light headed
- Fatigue
- Stomach pain

Focus on
what we
CAN do
for our
hearts



Motivation for change – part two

Exercise number 2

- What would life look like in 5 years, if you **did** achieve what you want?
- What would life look like in 5 years, if you **didn't** achieve what you want?
- Consider writing a letter to yourself in each case



The grand finale – for beyond post menopause

More **real food**
& drink – less
processed &
'drugs'

Move -
for mind
& body

Be **grateful** for
our bodies, find
our purpose,
live our values

Reduce stress
for healthier
body & mind +
to boost
(what's left!)
for O & P
hormone
production

Being **kind** to
ourselves is
part of self-
compassion



If nothing else – focus
on your **breathing**

**Hormone
friendly eating -**
phytoestrogens
(soy & flax etc), &
cruciferous veg
to help the liver.
Balance your
blood sugars for
energy & mood.

**Reduce
endocrine
disruptors**
(phthalates in
synthetic
fragrances,
BPA in plastic)

One area we haven't yet talked about

Welcome to Ruth Ramsay – Adult Educator and Sex Coach

<https://www.ruthramsay.com/>

My website (Women's wellbeing book club, recipes, blogs)

<https://www.blossomhealthcoaching.co.uk/>