

Health issues for menopausal women: the top 11 conditions have common solutions

Gabriella M. van Dijk¹
g.m.vandijk@erasmusmc.nl

Maryam Kavousi¹
Jenna Troup¹
Oscar H. Franco¹

Objectives

1. To give an overview of the key health issues for peri- and postmenopausal women.
2. To summarize risk factors and interventions to improve menopausal health.

Conclusions

1. The key health issues in menopausal woman are connected to changing estrogen levels and to lifestyle and nutritional experiences accumulated until that age.
2. The top 11 menopausal conditions have common solutions.

Introduction

- » Multiple health issues affect women throughout the life course differently from men, or do not affect men at all.
- » Related to the menopausal transition and the experiences accumulated until that age, many diseases occur or further develop in middle-aged and elderly women.
- » To improve women's quality of life and guarantee a long-lasting and active role for middle-aged and elderly women in society, prevention of chronic diseases and disability is a key aspect.

Major health issues for menopausal women

Health issues were selected based on

- » Global Burden of Diseases study 2010.
 - » Top causes of death in women aged 50-69 and 70+.
 - » Top disabling diseases in women aged 50-69 and 70+.
- » Systematic search in PubMed (July 2013).

Risk factors

- » In menopause many, if not all, health issues are connected to changing estrogen levels.
- » Lifestyle and nutritional experiences accumulated until menopause cause a variety of health conditions.

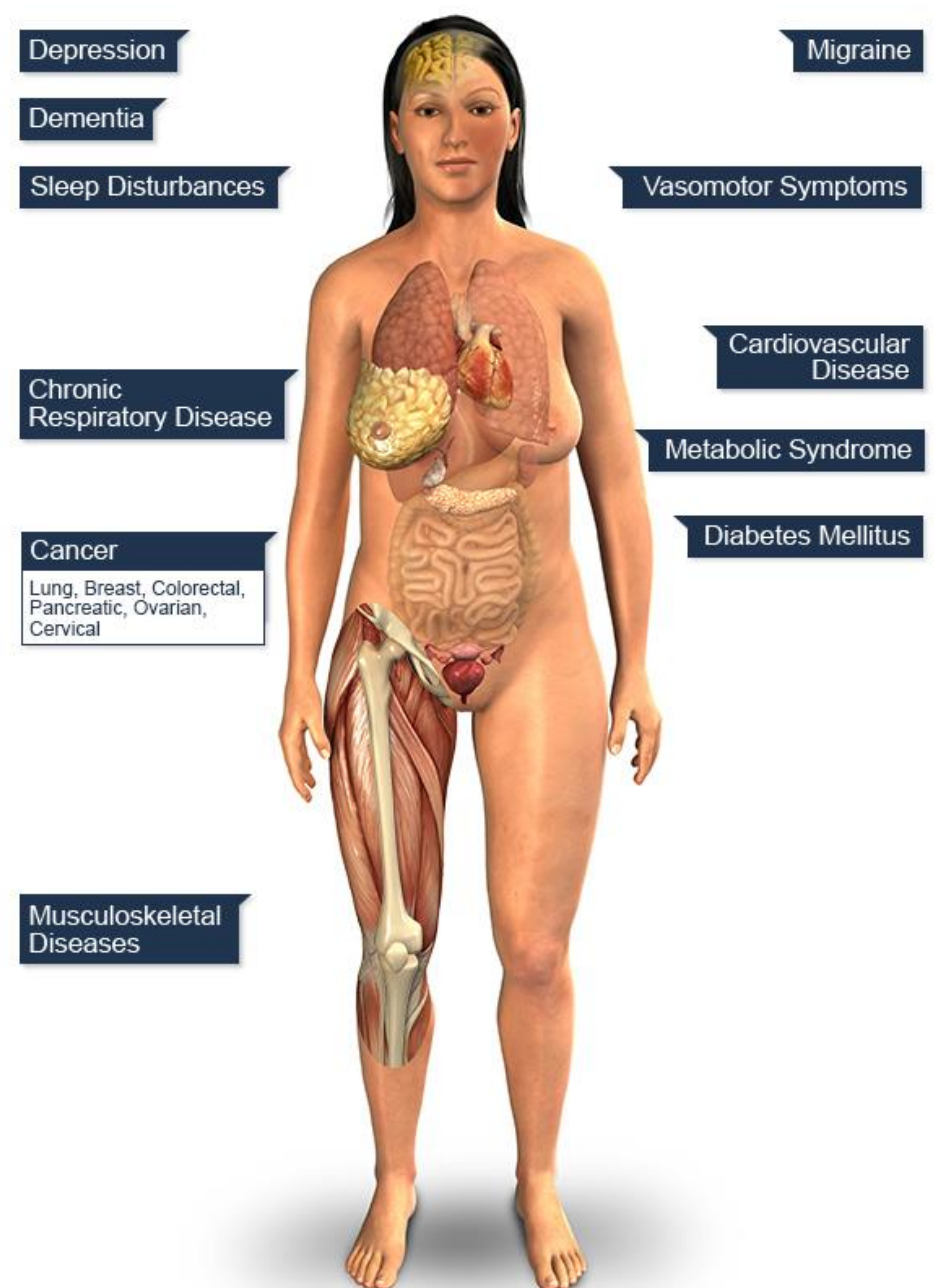
Multimorbidity

- » Nearly 60% of elderly women suffer from multiple disorders.
- » Health issues in women are thus likely to coexist, elevating risk of death, disability, poor quality of life, and adverse drug events.

Common solutions

- » Stabilizing hormonal levels seems an obvious strategy to prevent and treat menopausal health issues. But because of significant adverse effects, its use is still open for debate.
- » Most guidelines for health problems affecting menopausal women describe optimizing/improving nutrition and lifestyle as option for prevention and treatment.

Top 11



Improving nutrition and lifestyle

- » Poor diet, physical inactivity, alcohol and smoking are related to negative health outcomes.
- » Specific food groups and nutrients such as soy, calcium and vitamin D are linked to positive health outcomes.
- » Healthy lifestyle: Diet, physical activity, sleep, alcohol, smoking.

Author affiliations

1. Department of Epidemiology, Erasmus MC, Rotterdam, the Netherlands

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