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

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Objectives

» To give an **overview** of the major health issues for peri- and post-menopausal women.

» To summarize **risk factors** and **interventions** to improve menopausal health.
Methods

Health issues were selected based on

  » 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).

http://www.healthmetricsandevaluation.org/gbd
Top 11

- Depression
- Dementia
- Sleep Disturbances
- Migraine
- Vasomotor Symptoms
- Chronic Respiratory Disease
- Cardiovascular Disease
- Metabolic Syndrome
- Cancer: Lung, Breast, Colorectal, Pancreatic, Ovarian, Cervical
- Diabetes Mellitus
- Musculoskeletal Diseases
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.
   » Diet, physical activity, sleep, alcohol, smoking.
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.
Healthy lifestyle

» Improve diet, physical activity and sleep, reduce alcohol and smoking.

» It’s never too late, it’s never too early.

» Healthy lifestyle is an adequate route to prevention of menopausal health issues.
van Dijk, GM, Kavousi, M, Troup, J, Franco, OH. Health issues for menopausal women: the top 11 conditions have common solutions. Maturitas October, 2014

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