

WHAT WOULD I TELL MY YOUNGER SELF?

Preparing for perimenopause

11th February 2025

@menopausemedicglasgow



AGENDA

- ▶ Body Mass Index
- ▶ Cardiovascular Disease
- ▶ Bone Health
- ▶ Genitourinary Syndrome
- ▶ Psychological Wellbeing
- ▶ Lifestyle
- ▶ Resilience
- ▶ Knowledge

11/02/2025



GET THE RIGHT INFORMATION

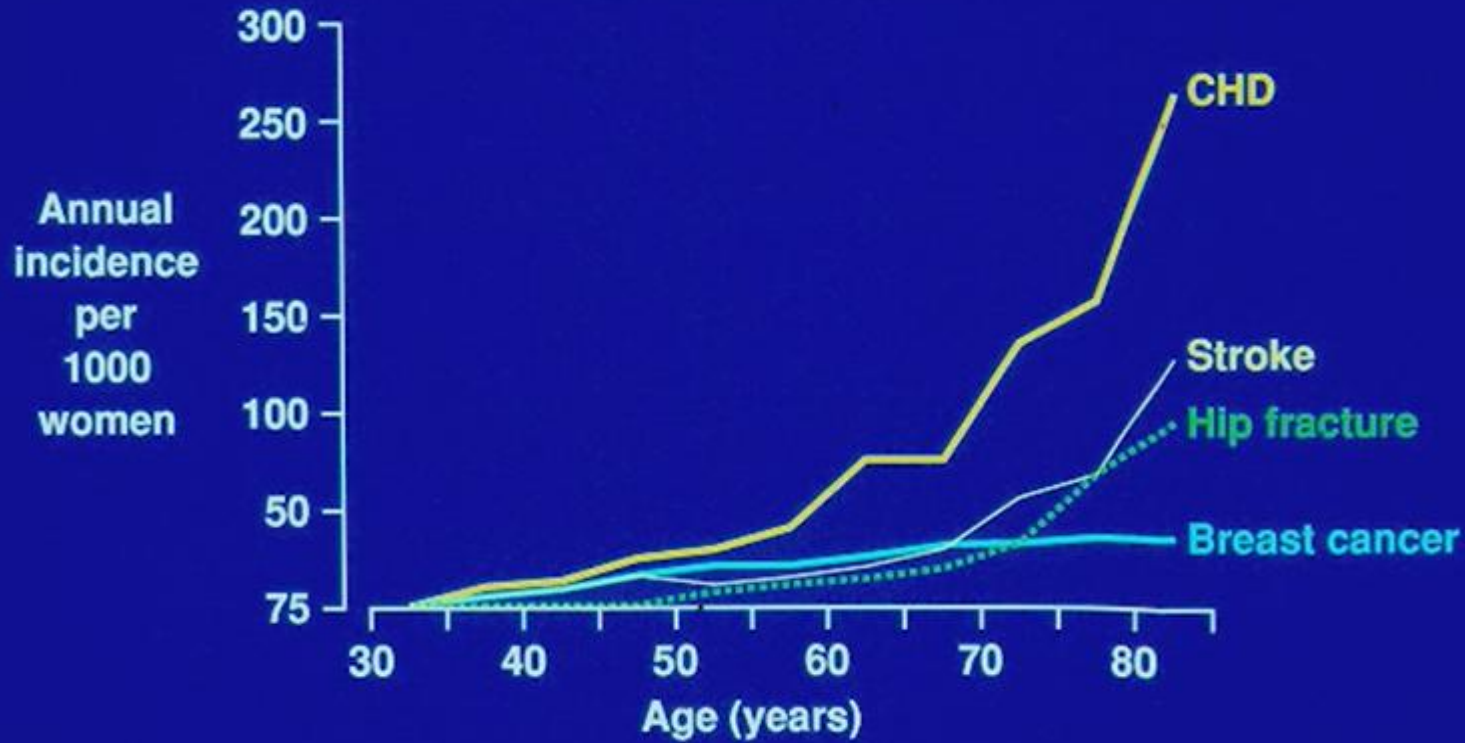


BODY MASS INDEX

Kg/m²

Weight management

Incidence of chronic diseases in relation to a woman's age



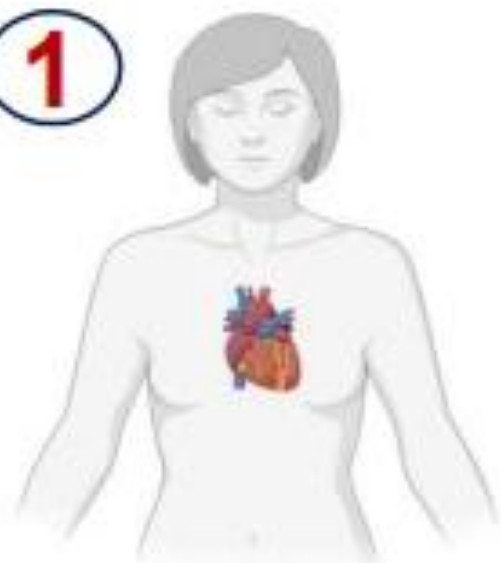
Wenger NK, Br Med J 1997;315:1085-1090



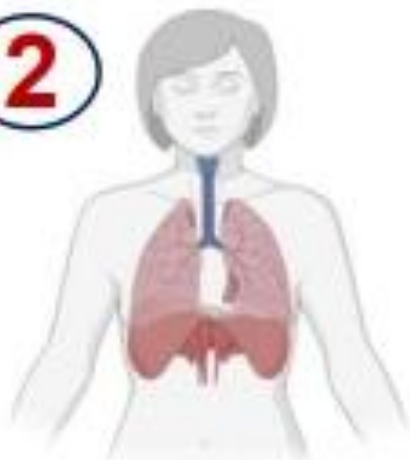
Cardiovascular disease is the leading cause of mortality in women

Total Deaths in Women in USA 2016: 1,236,003

1



2



3



4



Cardiovascular disease
412,244 deaths


Chronic Lung Disease
81,551 deaths

Lung Cancer
70,500 deaths

Breast Cancer
40,920 deaths

Cardiovascular protection

Window of opportunity within 10 years of the peri menopause. HRT is protective at this stage.



This may not be the case later in the postmenopausal woman

osteoporosis

20% of BMD lost in first 5 to 7 years post menopause

Resistance training and jumping required especially in different directions, tennis squash basketball v cycling and swimming

Jumping jacks , squat jumps side hops and skipping

Calcium vitamin D HRT

Consider Menopause if:

Period irregularity and/or sweats and flushes ,
new anxiety , irritability ,poor concentration
and not using hormonal contraception

Relevant age group (remember POI)

Mirena coil can complicate matters

Menopause fact file



75% Of women will experience symptoms related to menopause

7 years is the average duration of menopause symptoms

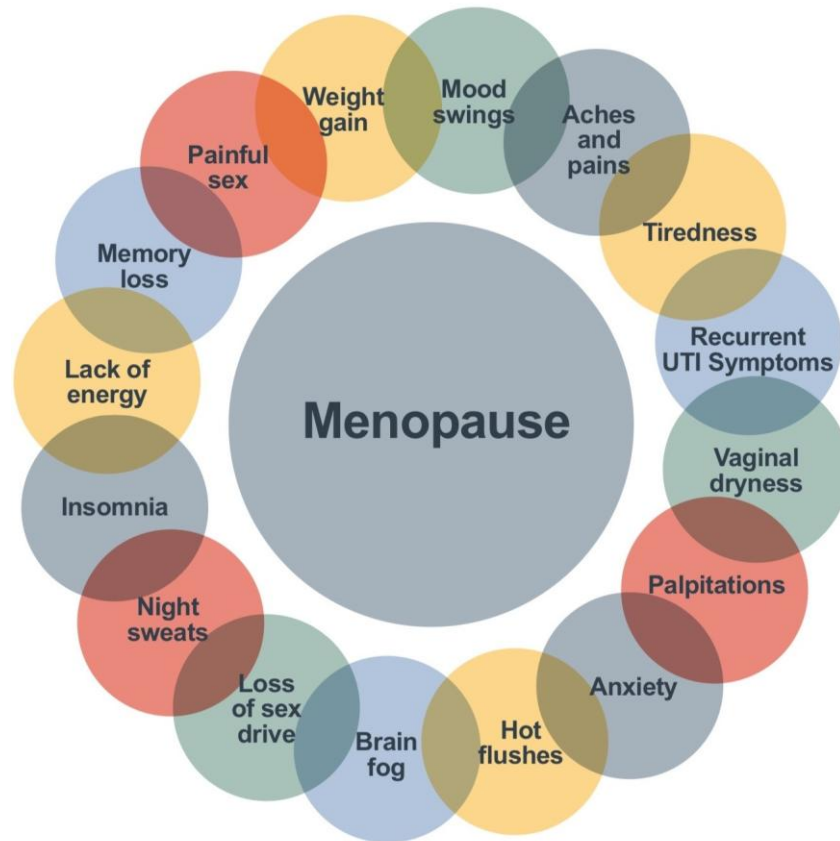


1 in 3 will experience symptoms for 7+ years



Of women will experience severe symptoms

45% Of women say menopause symptoms have negatively impacted them at work



Crisis? I'm having a celebration

Anna Murphy

It's a cliché to talk about the power of words. But I do think one has to be cautious of the degree to which language can be a self-fulfilling prophecy. That "midlife" tends to be followed by "crisis" is a case in point. What if "midlife" came coupled with something else? With "expansion" or "exploration", for example? With "freedom"? Or even with "celebration"?

It was partly the disconnect I felt between my experience of being in my early fifties and what society had led me to anticipate that prompted me to write my new book, *Destination Fabulous: Finding Your Way to the Best You Yet* (Mitchell Beazley, £20). Midlife is not proving to be a crisis for me. Rather it is a period in which words — expansion, freedom and celebration — are playing a part.

Copy All



Mindset influence

Find a good source of information

- ▶ Women's Health Concern
- ▶ Menopause matters
- ▶ @menopausemedicglasgow

DO The Correct Exercise

Eat the best
nutrition you can

MYTH 1

▶ HRT causes weight gain

MYTH 3

My periods are
▶ regular it can't be
menopause !



MYTH 4

HRT is just postponing the inevitable !

MYTH 5



Menopause is a time where you just have to get on with it



This isn't true, there are many ways to manage the menopause. If HRT isn't suitable or you don't want to take it there are other strategies to discuss.

There are a variety of symptoms and a variety of solutions but don't put up with them without having a discussion about the possibilities.

MYTH 2

- ▶ It can't be menopause I'm too young !

MYTH 7

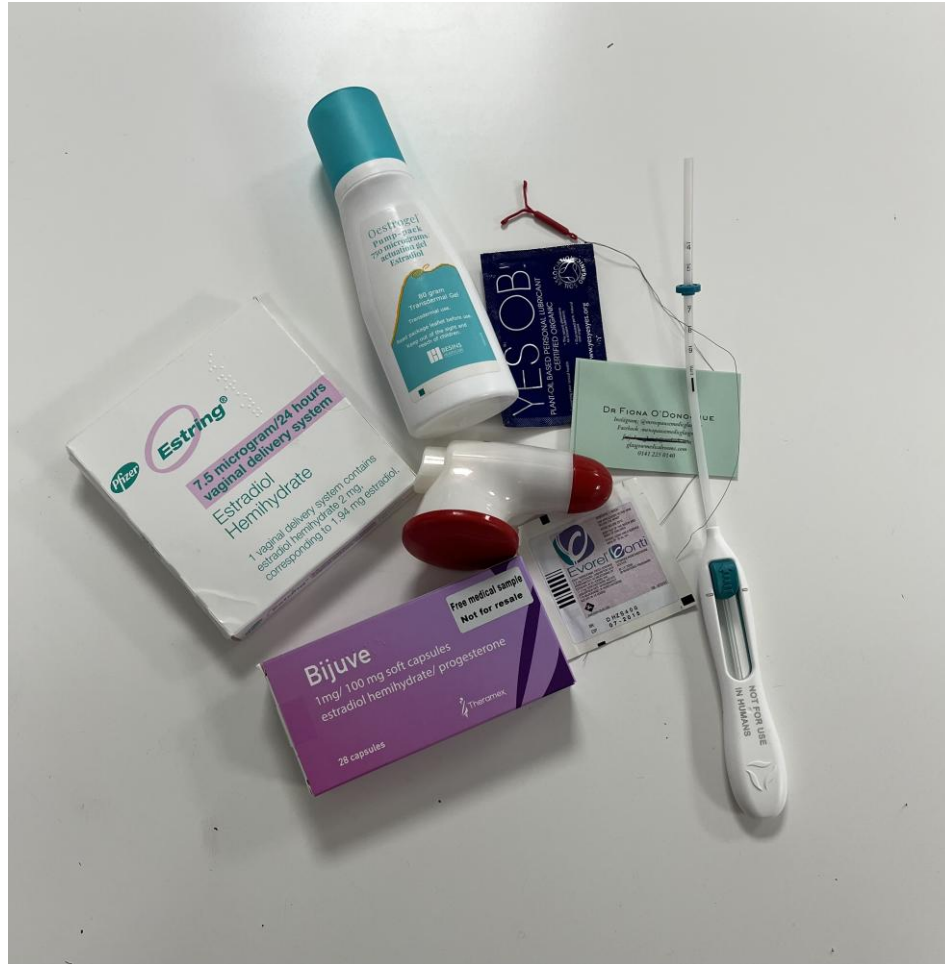


Menopause only happens after 50



Menopause can happen at any age

The average age of reaching menopause in the UK is 51. It normally occurs between the ages of 45-55. Menopause between 41 and 45 is classed as early menopause. Before the age of 40 it's known as premature ovarian insufficiency. Also, perimenopause can last for many years. Women in their early 40s can certainly experience menopausal symptoms.





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MENOPAUSE MEDIC RESOURCE BOOKLET



Hollywood Private Clinic
hollywoodprivateclinic.com



Glasgow Medical Rooms
glasgowmedicalrooms.com



Skin & Within

Episode 8 - Navigating Hormonal Changes: Insights from a Menopause Medic

Join host, Claire Gray as she chats to menopause medic Fiona O' Donohue about hormones, HRT, women's health issues and supplements.

00:00:59



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IN THIS PLAYLIST

10 OF 16 EPISODES

- ▶ Christmas Special - A New Year, A New You? 38 min
- ▶ Episode 10 - The Power of Natural Healing: A Conversation with Lilia Sinclair of Heal Scotland 28 min
- ▶ Episode 9 - Whole-Person Healing: Exploring Integrative Medicine with Dr. Veronica 25 min
- ▶ Episode 8 - Navigating Hormonal Changes: Insights from a Menopause Medic 44 min

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Empowering Transformation: Teaching Self Love & Self Confidence

Glow Gang Rewards

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menopause clinic

**DR FIONA O'DONOGHUE
BMS ACCREDITED
MENOPAUSE SPECIALIST**

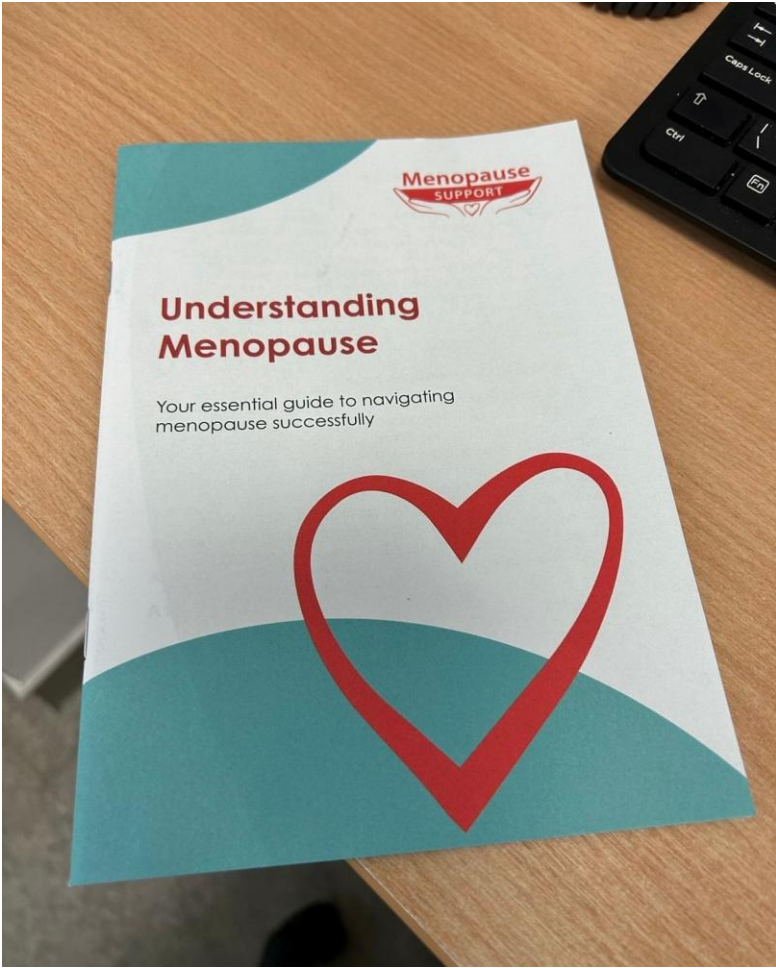


WE WILL DISCUSS ALL ASPECTS OF MENOPAUSE

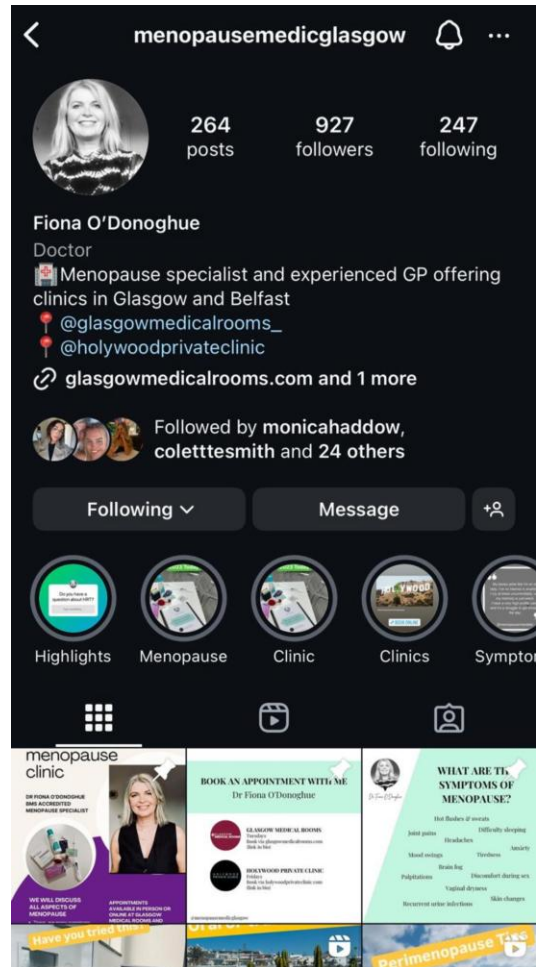
- There are many symptoms and many treatment options. We can discuss and prescribe treatment if necessary.

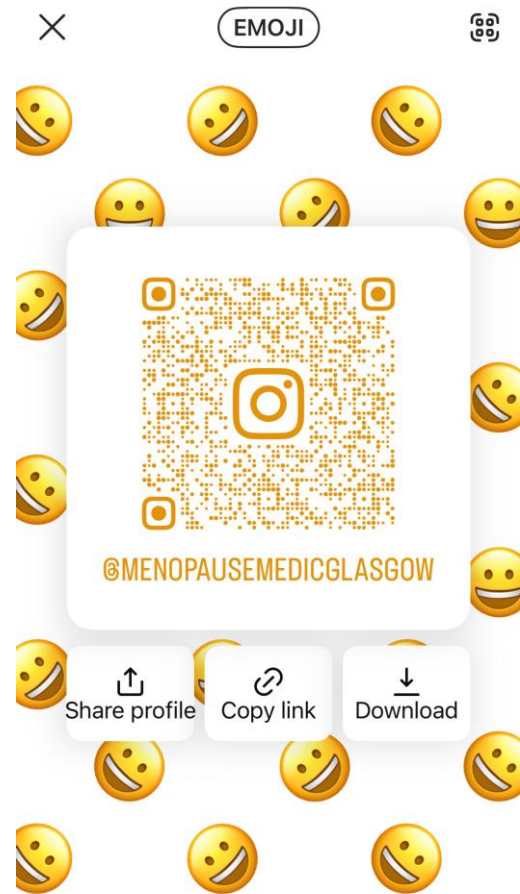
**APPOINTMENTS
AVAILABLE IN PERSON OR
ONLINE AT GLASGOW
MEDICAL ROOMS AND AT
HOLYWOOD PRIVATE
CLINIC**













THANK YOU

- ▶ Dr Fiona O'Donoghue
- ▶ @menopausemedicglasgow

