

Hormonal changes during the stages of menopause and weight management



Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives

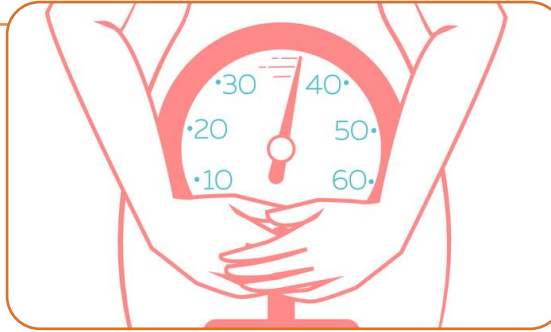
1. Define and understand the concept of menopause and its importance in women's health.
2. Identify the hormonal and physical changes that occur during the different stages of menopause and how they relate to weight management.
3. Describe and recognize recommendations to address hormonal changes and promote healthy weight control during this stage.



What is menopause?



Menopause is the permanent end of menstrual periods.



It is a natural process that usually happens between the ages of 45 and 55.



It is diagnosed after 12 months in a row without a period, spotting, or any vaginal bleeding.



Classification

Premature menopause

- It occurs before age 40.

Early menopause

- It occurs between ages 40 and 45.

Menopause

- It occurs after age 45.

Late menopause

- It occurs after age 55.

Hormonal changes during the stages of menopause



Perimenopause (Transition)

- Estrogen: Levels become irregular and, over time, start to decrease.
- Progesterone: Decreases slowly and continuously.
- Follicle-Stimulating Hormone (FSH): Rises quickly because the ovaries are beginning to lose their function.



Menopause

- The ovaries stop releasing eggs. The production of sex hormones drops to a very low level, especially estrogen and progesterone.



Postmenopause

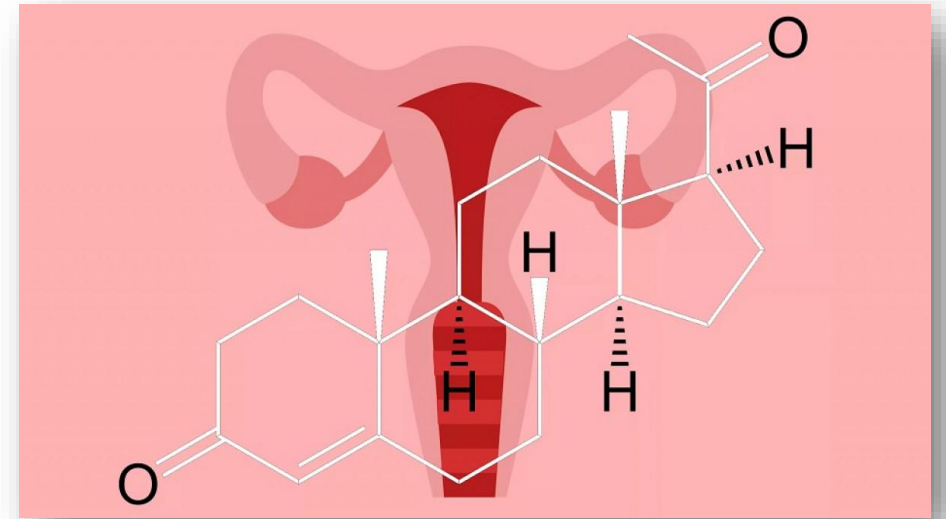
- Levels of estrogen and progesterone stay very low and stable. This stage continues for the rest of a woman's life.

Causes

The body produces less of the hormone's estrogen and progesterone.

The body produces a lower amount of the hormone's estrogen and progesterone.

Having lower levels of these hormones causes the symptoms of menopause.



Classification by cause

Natural menopause

- This is the most common type and occurs as a normal part of the life cycle.

Surgical menopause

- This type occurs due to the removal of both ovaries.

Treatment-induced menopause

- This type is caused by treatments such as chemotherapy or radiation therapy to the pelvic area.
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Symptoms

Perimenopause, also called the menopause transition, is the time before menopause.

It can last months or years. During this time, the body starts changing little by little before menopause arrives.

Throughout this process, the number of hormones produced by the ovary's changes.

Perimenopause can last from 2 to 8 years, with an average duration of 4 years.

Symptoms



Irregular menstrual periods

Vaginal dryness

Hot flashes

Sleep problems

Night sweats

Mood swings

Risk Factors

The most important risk factor for reaching menopause is simply getting to the age when it normally happens.

Having had surgery to remove both ovaries.

Some cancer treatments.



Diagnosis



No tests are needed
for diagnosis.

However, your
doctor may suggest
a blood test to check
your levels of:

**Follicle-stimulating
hormone and
estrogen**

**Thyroid-
stimulating
hormone**

Treatments

Menopause does not need special treatment by itself.

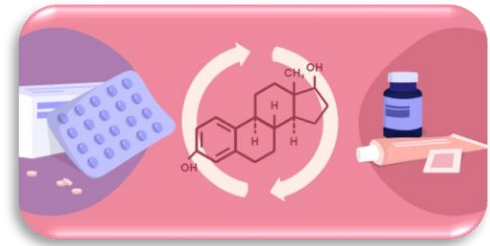
The treatments that exist are used to relieve symptoms and to prevent or manage problems that may appear over the years.

Hormone replacement therapy (HRT)

Vaginal estrogen

Osteoporosis medications

Antidepressants (low doses)



Hormone replacement therapy (HRT)

It helps relieve menopause symptoms by giving the body estrogen and progesterone again.

Some of its benefits are:



Bone health: Helps keep bones strong and lowers the risk of fractures.

Improved quality of life: Can improve sleep, mood, and mental clarity.

Vaginal health: Reduces dryness and discomfort.

Skin health: Helps the skin stay more hydrated and elastic.

Hot flashes and night sweats: Helps reduce how strong and how often these heat sensations happen.

Treatment alternatives



Estrogen and progestin transdermal patch
(hormone replacement therapy)



Transdermal patches are used to treat certain menopausal symptoms. They are also used to treat certain conditions in women who have not yet reached menopause if their bodies do not produce these hormones naturally.

Lifestyle



Soothe hot flashes:
Wear light clothing, use cold compresses, and so on.

Sleep (7 to 9 hours):
Avoid caffeine and alcohol.

Strengthen your pelvic floor, doing Kegel exercises daily.

Don't smoke It increases the risk of heart disease.

Exercise regularly:
Walk, dance, yoga, strength training, Pilates, and so on.

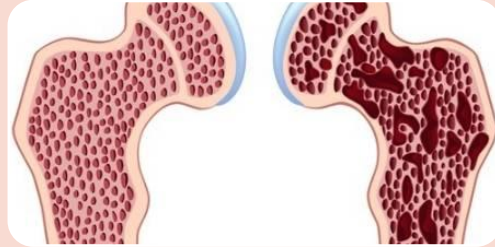
Eat a balanced diet: Eat fruits, vegetables, and whole grains. Limit saturated fats, oils, and sugars.

Complications

After menopause, there is a risk of developing some diseases. Some of these include:



Cardiovascular diseases: Increased risk of heart attacks and strokes.



Osteoporosis: Rapid loss of bone mass, increasing the risk of fractures.



Urinary incontinence: As the tissues of the bladder and urethra change, sudden and frequent urges to urinate may occur.



Weight gain: Most women gain weight during and after menopause because calorie burning (metabolism) slows down.

What are the causes of weight gain during menopause?

Low estrogen levels, loss of muscle mass, and a slower metabolism during menopause tend to increase the likelihood of weight gain. This is often related to other factors such as lifestyle and genetics.



What complications are related to weight gain?

Weight gain during menopause can lead to health problems, such as the following:



Type 2 diabetes



Cardiovascular disease



Respiratory problems

Staying Healthy During and After Menopause

These tips may help you lower your risk for health problems such as heart disease and osteoporosis.



Eat a healthy diet.



Get enough calcium and vitamin D.



Be physically active.



Maintain a healthy weight.



Limit or avoid alcohol and don't smoke.



To learn more about menopause, visit www.nia.nih.gov/menopause.

Questions or Comments



References

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<https://medlineplus.gov/spanish/ency/article/000894.htm#:~:text=Es%20el%20momento%20de%20la,ya%20no%20puede%20quedar%20embarazada.>
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<https://www.mayoclinic.org/es/healthy-lifestyle/womens-health/in-depth/menopause-weight-gain/art-20046058>





Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following telephone lines:

Available Service Lines

Medical Advice Line

24 hours a day / 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805





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