



Pre-menopause: What do we know?

By

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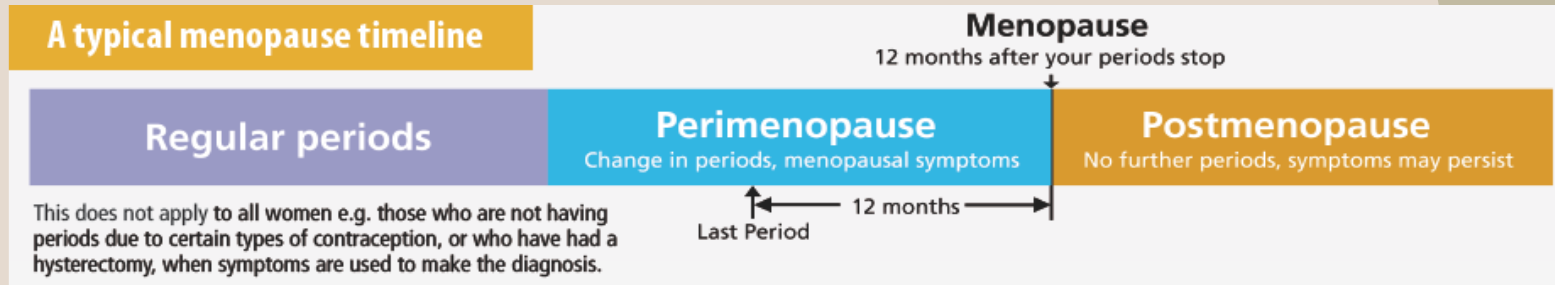
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WHAT ARE WE TACKLING TODAY?

- INTRODUCTION
 - OBJECTIVES
- DEFINITION OF PRE-MENOPAUSE
 - WHAT DO WE REALLY KNOW ABOUT MENOPAUSE
 - WHAT IS HAPPENING IN OUR BODY
 - HOW CAN MENOPAUSE AFFECT THE WHOLE BEING , RELATIONSHIPS, WORK PLACE
- WHAT CAN WE DO ABOUT IT
 - LIFE DOESN'T STOP AT MENOPAUSE/REDISCOVERING AND EMPOWERING ONESELF AND OTHERS

WHAT IS PRE-MENOPAUSE

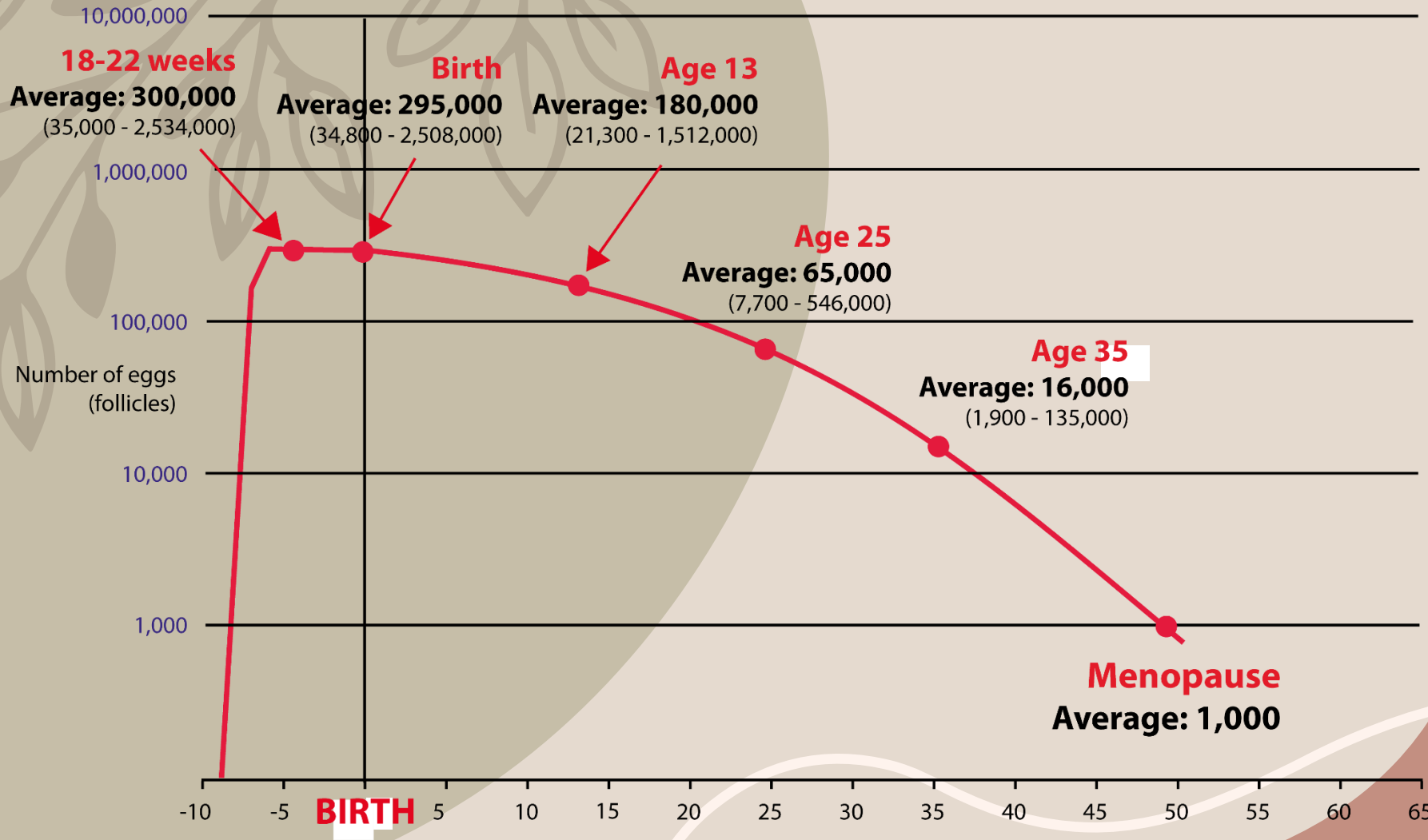


PRE-MENOPAUSE (PERI-MENOPAUSE)

THEN MENOPAUSE

AND POST-MENOPAUSE





Numbers of eggs (follicles) throughout life

After Wallace et al
PLOS 1 2010

**Symptoms
during
perimenopause,
menopause and
postmenopause**

25% will not get symptoms

Around 75% of women will get symptoms

25% of women will get severe symptoms

Before the cancer and clots scare of 2003,
30% of women would start HRT

The background features a mix of muted colors: a light beige, a soft sage green, and a dusty rose. There are large, rounded organic shapes in these colors. In the top left, there are faint, stylized leaf patterns. In the bottom right, there are thin, white, flowing lines that resemble a path or a stream.

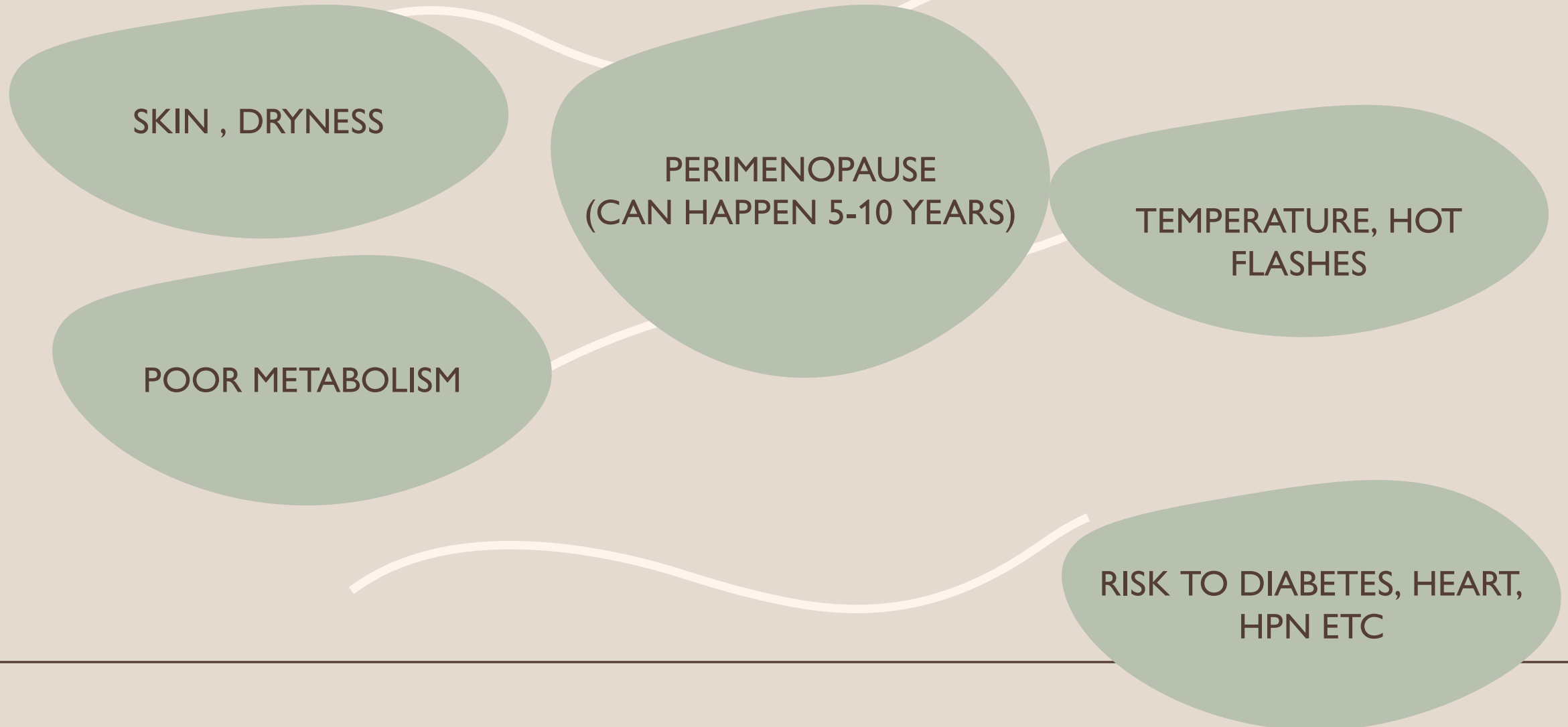
WHAT ARE
THE
CHANGES
AND
SYMPTOMS



ROLES OF HORMONES

1. ESTROGEN
2. PROGESTERONE
3. TESTOSTERONE
4. CORTISOL
5. THYROID

SIMPLE PATHO-PHYSIOLOGY



WHAT ARE THE RISKS OF PRE-MENOPAUSE

METABOLISM

MENTAL HEALTH

EMOTIONS (PSYCHOLOGICAL, SOCIAL, RELATIONSHIPS)

CARDIOVASCULAR

SEXUALITY

SKIN

HOW TO GET BY?

NUTRITION

- PROTEIN
- FIBER
- VITAMINS & MINERALS
- WATER

- REST & SLEEP

- RESET IN THE KITCHEN
(NUTRITIONAL COOKING)

FITNESS

- YOGA

- REIKE

- WALKING
AROMA
THERAPY
THERAPEUTIC
AND RELAXING MASSAGES

- HORMONE
REPLACEMENT THERAPY

SOCIAL CONNECTION & SUPPORT

- EMPLOYER SUPPORT

- MINI RETREATS
- FAMILY SUPPORT

“Think Menopause”

Design: Education, Awareness & Optimal Clinical Pathway

Clinical Education and Development

Primary Care Menopause specialists

Wider clinical awareness

Population awareness

Self-care and informed presentation

Workforce model

Better, more supportive workplace environment

Patient presentation, diagnosis and support

“I think you might be menopausal”

Deliver: Optimal Clinical Pathway

“I think I might be menopausal”

summary





thank you

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