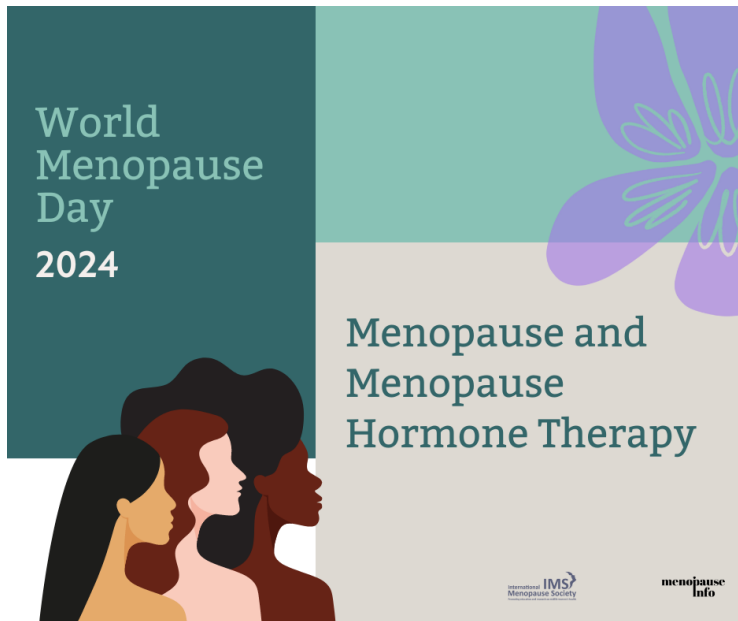


## ***'World Menopause Day'***

**18 October 2024**



*Written by* Dr Chrystal Fong Chern Ying (MBBS Melb (Aus), FRACGP)

Family Physician

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Dr Chrystal's vision is to educate and motivate the individual and population towards better health outcomes.

Her mission is to help make sense of the rich Science articles that are important to health to the everyday person through her articles and to highlight the key health issues that affect you.

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#worldmenopauseday

#worldmenopauseday2024

#ims2024

#internationalmenopausesociety

**World Menopause Day** is held every year on 18th October.

The purpose of the day is to raise awareness of the menopause and the support options available for improving health and well-being.

**The theme for World Menopause Day 2024 is Menopause Hormone Therapy**

### What is Menopause?

Menopause is a natural stage of life, marking the end of a woman's reproductive years.

Menopause is caused by the loss of ovarian follicular function and a decline in circulating blood oestrogen levels.

Natural menopause is deemed to have occurred after 12 consecutive months without menstruation for which there is no other obvious physiological or pathological cause and in the absence of clinical intervention.

### When does menopause occur?

Most women experience menopause between the ages of 45 and 55 years as a natural part of biological ageing. Menopause can also be a consequence of surgical or medical procedures.

Some women experience menopause earlier (before 40 years of age). This premature menopause may be because of certain chromosomal abnormalities, autoimmune disorders or other unknown causes.

### Changes associated with menopause

The hormonal changes associated with menopause can affect physical, emotional, mental and social well-being. The symptoms experienced during and following the menopausal transition vary substantially from person to person. Some have few if any symptoms. For others, symptoms can be severe and affect daily activities and quality of life. Some can experience symptoms for several years.

**Symptoms** associated with menopause include:

- hot flushes and night sweats. Hot flushes refer to a sudden feeling of heat in the face, neck and chest, often accompanied by flushing of the skin, perspiration (sweating), palpitations and acute feelings of physical discomfort which can last several minutes;
- changes in the regularity and flow of the menstrual cycle, culminating in cessation of menstruation;
- vaginal dryness, pain during sexual intercourse and incontinence;
- difficulty sleeping/insomnia;
- changes in mood, depression and anxiety
- Joint pain, muscle aches

### **Also to note:**

Body composition and cardiovascular risk can also be affected. **The risk of CVD increases after menopause** in most cases due to the loss of oestrogen.

Menopause can also result in the **weakening of the pelvic support structures**, increasing the risk of pelvic organ prolapse.

**Loss of bone density** at menopause is a significant contributor to higher rates of osteoporosis and fractures.

### What is perimenopause?

Perimenopause refers to the period from when the above signs are first observed and ends one year after the final menstrual period.

Perimenopause can last several years and can affect physical, emotional, mental and social well-being.

A variety of non-hormonal and hormonal interventions can help alleviate perimenopausal symptoms.

Balancing career growth and managing family commitments while dealing with menopausal symptoms like brain fog and fatigue is a reality for millions of women.

**Let's be supportive and be educated on how we can support ourselves and others through this phase.**

1. Diet

<https://anmj.org.au/limiting-soft-drinks-and-red-meat-may-help-women-in-menopause/>

Limiting soft drinks and red meat may help women in menopause.

Diet quality may influence menopausal symptoms and overall quality of life.

The diet, with anti-inflammatory and antioxidant properties, emphasises fruits, vegetables, legumes, nuts, wholegrains, olive oil and fish over red and processed meats, processed foods and butter.

2. Regular exercise

- Aim a minimum of 150minutes per week of moderate intensity aerobic exercise
- Incorporate twice a week of strength training
- Daily stretches

3. Try Relaxation Techniques

Yoga, tai chi, meditation, and massage are all relaxing activities that can help reduce stress. They may also have the added benefit of helping you sleep better at night

4. Get adequate Vitamin D and Calcium

- from food and/or supplements

5. Limit or avoid alcohol and don't smoke

6. Maintain a healthy weight

7. Stay cool and comfortable

8. Make sleep a priority

Many women in menopause experience sleep problems. Your doctor may recommend getting more sleep at night. Try to follow a regular sleep schedule by going to bed at the same time each night and waking up at the same time each morning. Keeping your bedroom dark, quiet, and cool while you sleep may also help.

9. Maintain healthy social connections

10. Seek support from family, friends, menopause support groups.

Example: <https://www.kkh.com.sg/patient-care/areas-of-care/support-groups>

11. Have annual health check ups

12. Consider hormone replacement therapy- to discuss with your doctor

**Health tips:**

Surround yourself in a conducive healthy living environment.

Be mindful of the physical and digital environments you surround yourself in. Spend more time engaging with health seeking behaviour activities and communities to inspire and motivate your fitness journey.

Engage with your doctor and health professionals regularly.

Schedule regular health checks with your doctor, health coach and other health professionals.

### **Food for thought:**

Be thankful for a day to make a difference to your health while you are healthy and safe.

Never take for granted your health when healthy.

Make improvements if you are not.

Develop a healthy relationship with exercise. It is the best thing you can do for yourself.

Do something today that your future self will thank you for.

The best day to start exercising is today.

### **Final Thoughts:**

The next time you have your health screening done, spare a moment to reflect on your lifestyle habits and discuss with your doctor on ways to improve the above towards a better and healthier you and our planet.

### **'Towards better health outcomes'**



Dr Chrystal Fong provides comprehensive health screening and GP services to suit your individual needs.

**We hope to be of service in improving your health and well-being**

### **Schedule an appointment with Dr Chrystal:**



**WhatsApp: +65 9234 3477**

**Phone: +65 62357888**

**Email: [wellness@ahppl.com.sg](mailto:wellness@ahppl.com.sg)**

**Website: <http://www.asiahealthpartners.com/>**

About the author:

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia.

She is featured in the Britishpedia's 6<sup>th</sup> edition of 'Successful People in Malaysia and Singapore'.

She is an active sports person who has keen interests in lifestyle medicine, medical technology and longevity themed medical care. She takes personal pride in living the lifestyle medicine pillars herself and advocating through her sports communities and social media platforms.

Her personal mantra being 'The world is changed by your example, not your opinion.'

Being certified in Wellness and Behaviour modification with International Sports Academy, her consultations incorporate health coaching methods.

She is a member of the Singapore College of Family Physicians, Singapore Medical Association, Singapore Society of Behavioural Health, Singaporean Society of Lifestyle Medicine, American College of Lifestyle Medicine, HIMSS (Healthcare Information and Management Systems Society).