

# Healthy Living Focus Menopause



Hello, and welcome to the latest edition of the healthy living focus. In this edition we are looking at the menopause. We will look at what the menopause is, how it effects people, ways to support others through the symptoms, as well as the impact our diet and lifestyle can have on the symptoms of the menopause.

## What is the menopause?

- The menopause is when a woman stops having periods and can no longer get pregnant naturally.
- It is a natural part of aging that happens between the ages of 45-55.
- The average age for a woman to reach menopause is 51.
- 1 in 100 women experience the menopause before the age of 40.

Here are just a few of the physical and emotional symptoms of the menopause...

<b>Hot flushes</b>	lack of motivation
Weight gain	<b>low mood</b>
<b>Headaches</b>	anxiety
Joint pain	<b>forgetfulness</b>

## Supporting others through the menopause

Take the time to listen, and talk to them about their experiences and feelings.

Make adjustments, for example, open a window or offer words of encouragement

Encourage them to join you for a walk

Encourage your friend to eat healthily, maybe cook a delicious meal together.

Advise them to seek professional support

## True or False: The menopause causes weight gain.

**False**

Weight gain is not a direct result of the menopause. It is most likely due to metabolism slowing down as we age, which means we may need to pay more attention to what we eat, and how much we move.

- ✓ Eat a healthy balanced diet, this can also help to ease the symptoms.
- ✓ Exercise regularly

## Healthy Living Goal

Practice self care this week. Think of something you enjoy doing, maybe taking a relaxing bath, calling a friend, or going on a long walk, and make sure you allow time daily for a self care activity.

## Nutrition and the menopause

- ✓ Calcium rich foods such as milk, fish and broccoli
- ✓ Wholegrains such as wholemeal bread and pasta
- ✓ Fruit and vegetables
- ✓ Drink plenty of water
- ✓ **Avoid:** high fat and high sugar food, salt, alcohol and spicy food.



Visit <https://www.nhs.uk/conditions/menopause/> for further professional advice on the menopause.

# RECIPE OF THE WEEK

## Creamy prawn, courgette and tomato pasta



### Ingredients

- 1 tbsp olive oil
- 2 garlic cloves , thinly sliced
- 2 large or 400g baby courgettes , sliced
- 400g of any small shaped pasta
- 2 x 400g cans cherry tomatoes
- A pinch of sugar
- 200g raw prawn , peeled
- 100g half-fat crème fraîche
- A few basil leaves, torn.

### Method

1. Heat the oil in a large pan, add the garlic and sizzle for a few mins.
2. Add the courgettes and cook for a few mins more until starting to soften. Meanwhile, cook the pasta following pack instructions.
3. Add the tomatoes, sugar and seasoning to the pan, stir and simmer, uncovered, for about 10 mins while the pasta cooks.
4. Add the prawns to the sauce and bubble until they just turn pink.
5. Drain the pasta and add to the sauce with the crème fraîche. Simmer for another 1-2 mins, then add the basil and serve.

### Healthy Living Tips

High protein food, such as prawns, and vegetables such as cherry tomatoes have been proven to eliminate some of the symptoms of the menopause.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at [healthyliving@nortonhousingandsupport.org.uk](mailto:healthyliving@nortonhousingandsupport.org.uk)

