



HÄLSA
wellbeing



Menopause and Long Covid



ReviveYOU
Keeping you **well** after
Long Covid

Introduction

Transient Neurodiversities

- Long Covid
- Menopause





Session Overview

- Transition through to the Menopause
- A better understanding
- How to deal with this at home and at work
- An action Plan for YOU

Oprah Winfrey, TV personality

"So many women I've talked to see menopause as an ending. But I've discovered this is your moment to reinvent yourself after years of focusing on the needs of everyone else. It's your opportunity to get clear about what matters to you and then to pursue that with all of your energy, time and talent."

Why all the fuss?

Why do we need to talk about the Menopause?



Business Case



Legal



Demographic

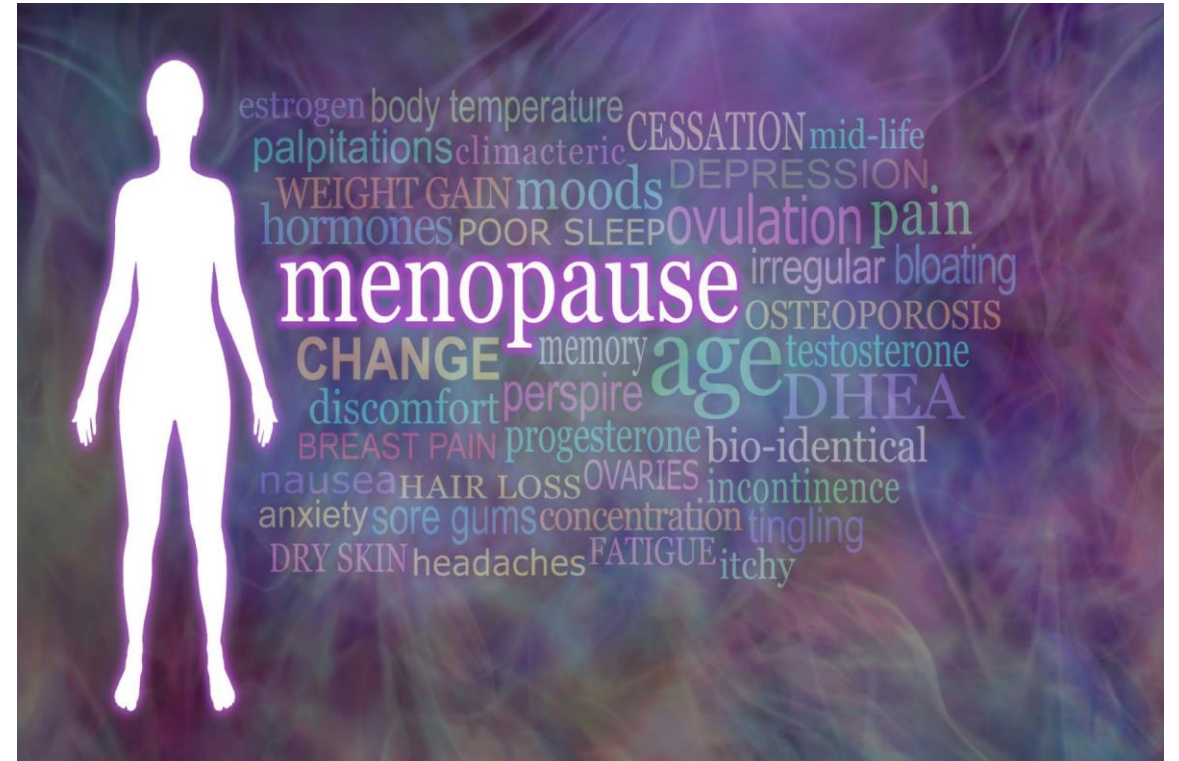


Social responsibility

Why all the fuss?

Why do we need to talk about the Menopause?

- Average age is now 51 – in the 1900s it was 57
- Life expectancy is now longer
- We work for longer
- Women are now in more senior roles
- Sandwich Generation
- Menopause is trending



What is The Menopause?

What is
menopause?

STAGES OF MENOPAUSE

1

Premenopause

- No menopausal symptoms
- Still have periods

2

Perimenopause

- Means "around or near menopause"
- Symptoms of hormonal changes
- Can still become pregnant
- Usually lasts about 4 years

3

Menopause

- No period for 12 consecutive months
- Ovaries stop producing eggs
- Average age is 51

4

Postmenopause

- Over 1 year since last period
- Will remain in this stage for rest of life

How it can affect you?

SLEEP CHANGES

- Insomnia/Poor Sleep
- Night sweats
- Sleep anxiety

NUTRITIONAL CHANGES

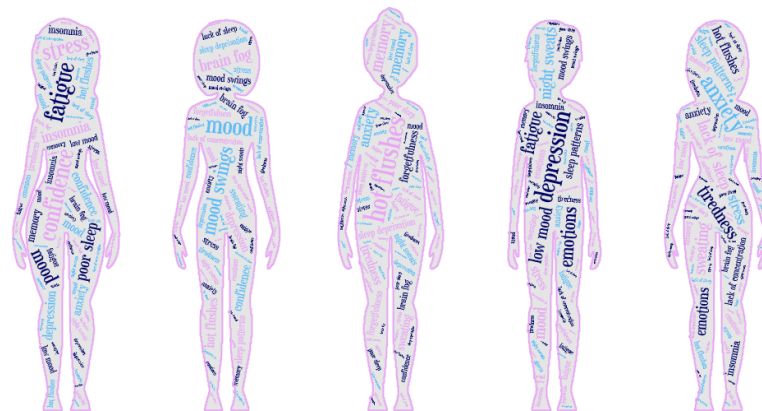
- Intolerance to some foods
- Intolerance to alcohol
- Intolerance to caffeine
- Intolerance to sugar
- Food cravings
- Emotional eating!

EMOTIONAL CHANGES

- Cognitive issues, difficulty focusing/concentrating – Brain FOG!!!
- Anxiety and worry
- Emotional
- How you feel about YOU
- Relationship issues
- Loss of libido

PHYSICAL

- Fatigue
- Hot Flashes
- Hair may thin
- Skin – thinner/less elasticity
- Breast tenderness
- Pelvic/Hip pain
- Vaginal tearing
- Urinary incontinence/UTIs
- Body Aches/Joint Pain
- Digestion/gut/IBS issues
- Dizziness and Balance issues
- Electric shocks
- Itchy skin



Supporting your Wellbeing

Your Menopause Survival Plan!

- Self Responsibility – what can I do to help myself and remain in control of my feelings and actions
- Self care – taking time out to rest and re-charge
- Positivity – find a positive focus such as a hobby or activity which you enjoy
- Keep Active – small steps each day can add up!



MEDICAL

COMPLEMENTARY

LIFESTYLE

MEDICAL

Your doctor should:

- ✓ Talk about lifestyle, how to manage symptoms and long term health
- ✓ Give advice on HRT and non-medical options
- ✓ Talk about safety and effectiveness

Your doctor should not:

- ❖ Put it down to “that time of life”
- ❖ Say they don’t prescribe HRT
- ❖ Impose any unnecessary time restrictions



HRT

- It contains the Oestrogen hormone to replace what our ovaries no longer make or produce in declining levels during the Menopause
 - Can improve symptoms & quality of life
-
- ✓ **Older HRT – combination of Estrogen & Synthetic Progesterone**
 - ✓ **Body Identical HRT – micronized progesterone**
 - ✓ **Vaginal Estrogen/Vagifem**

COMPLEMENTARY

Key oils for Menopause

- **Clary Sage**-enhances endocrine system function and balances hormones
- **Grapefruit**-supports breast health
- **Fennel**-supports healthy oestrogen levels and healthy ovaries
- **Thyme & Oregano** - supports healthy progesterone levels

Key oils for Long Covid

- **Eucalyptus**- Decongestant, anti-viral
- **Marjoram** – Bronchial airways/supports with sleep
- **Tea Tree** – anti-viral

Ladycare Magnet

- LadyCare Plus may relieve menopause symptoms by rebalancing part of the autonomic nervous system (ANS), the part of the brain responsible for many physiological functions including stress reactions.



LIFESTYLE



Feel Well

- Bone Health
- ✓ Keep active, gentle stretching and exercise
- ✓ Do the right Exercise: Weight Bearing, Strength Training and Balance
- ✓ Watch your weight
- Yoga/Massage/Acupuncture/Alternative Therapies
- Breath work
- Take probiotics
- Quit smoking

Getting the right Nutrients

Eat Well

- Isoflavone phytoestrogens *
 - Eat Fresh & Eat a rainbow
 - Eat little and often
 - Reduce caffeine
 - Reduce alcohol
 - Vitamin D & Calcium
 - Vitamin B
 - Watch your sugar intake
- * Not for women recovering from oestrogen linked breast cancer



Phyto-oestrogens

Calcium

Using Nutrition for Symptom Management

Issue	Nutrients	Key Sources	What to avoid
Depression, Anxiety and Mood swings + tiredness	Omega -3 fatty acids Folate Vitamin D Protein	Linseeds, oily fish Whole grains, green leafy vegetables, orange juice, turkey, cottage cheese, oats	✓ Sugar

Issue	Nutrients	Key Sources	What to avoid
Hot flushes	Calcium Exercise	Dairy products, green leafy vegetables, canned oily fish with bones 20 mins a day	✓ Coffee ✓ Alcohol ✓ Chocolate ✓ Spicy foods

LIFESTYLE

Without Sleep we can become

- ✓ Tired
- ✓ Anxious
- ✓ Irritable
- ✓ Depressed
- ✓ Less able to learn and recall skills and information
- ✓ More likely to have persistent insomnia

ALL MAKING OUR SYMPTOMS WORSE!!!!

Sleep Hygiene Tips

- Regular bedtimes and wake times if possible
- Have a good day!!
- Fluid restriction in the evenings
- No milky drinks
- Don't eat within 2 hours of going to bed – to avoid acid reflux or indigestion
- Only sleep in the bedroom to build the link between bed and sleep
- Keep the bedroom clean and tidy
- Good ventilation
- Limit screen/gadget time before bed
- Try to get at least 20 mins fresh air and daylight everyday. Exposure to natural light can increase the amount of melatonin released at night time which promotes good sleep



What to do if you are struggling

At Home

- Keep an open dialogue with family and friends
- Allow yourself thinking time and headspace-maintain good boundaries in all areas to keep the balance
- Use essential oils to support your emotional wellbeing
- Mood Swings – think about CBT/Talking Therapies
- Use Vitamin D, B and Magnesium
- Include things like Flax Seeds, Lentils, chickpeas, soya and green vegetables to boost your mood
- Consider HRT

At Work

- Talk to your Manager
- Be honest



Your Wellbeing Action Plan

- Follow the advice for areas which affect you
- Be kind to yourself
- Seek help if you need it
- Follow a healthier plan and be a role model for others
- Consider HRT





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Thank you

Questions?