

# MENOPAUSE

## SCREENING RECOMMENDATIONS

### Annual Exams

- Your annual well-woman exam is an important part of your healthcare. We recommend you see your doctor yearly for a breast, heart, lung, abdomen & thyroid exam.
- At this visit, your doctor will also perform a brief speculum & bimanual internal exam.

### Pap (Cervical Cancer Screen)

- Guidelines suggest screening for cervical cancer every 3-5 years. This screening may include a test for the virus most associated with cervical cancer, HPV.
- Screening may be discontinued between 65 & 75 years old.

### STI Screening

- Only if indicated.

### Mammogram

- Screen annually or biennially over age 40.

### DEXA

- Bone density screening is recommended biennially in women over 65.
- There may be certain reasons to screen for osteoporosis in women younger than 65. Your doctor will discuss this at your annual visit if necessary.

### Colonoscopy

- Beginning at age 50, we recommend screening colonoscopies every 10 years. If your family history indicates a need for more frequent screening intervals, your doctor will let you know.

## HEALTHY WEIGHT GOALS

Body Mass Index (BMI) guidelines set goals for healthy body composition.

- Ideal BMI for adults is 18.5-24.9
- BMI of 25.0-29.9 is considered overweight & >30 is considered obese.
- To calculate your BMI:

$$= \frac{\text{mass(lb)}}{(\text{height(in)})^2} \times 703$$

## SYMPTOM MANAGEMENT

### Hormonal Therapy

- Some symptoms you may experience in menopause include hot flashes, night sweats, fatigue, & vaginal dryness or discomfort.
- There are different treatment options for managing your menopausal symptoms with hormones. These options include:
  - *Oral Hormone Therapy*
  - *Transdermal Hormone Therapy*
  - *Intravaginal Hormone Therapy*
  - *Compounded Hormone Therapy*
- There are a variety of reasons to choose one method over another. Benefits to using hormonal therapies include protection from bone loss, symptom relief, & increased quality of life.
- The cardiovascular risks associated with certain hormonal therapies may be reduced by choosing to use transdermal hormones instead of oral hormones.
- It's important to protect the lining of your uterus while using estrogens in hormonal therapy. Discuss with your doctor the potential protective benefits of progesterone.
- As with any medication, there are risks to consider. A discussion with your doctor will help to determine the safest & most effective method of treatment for you.
- Continuation of therapy should be addressed on an annual basis.

### Complimentary Therapy

- If you would prefer to forego hormonal therapy or would like to augment your hormonal therapy with complimentary options for symptom management, visit the *Women In Balance Institute* for helpful resources: [womeninbalance.org](http://womeninbalance.org)

## HEALTHY LIVING

Choosing healthy habits can make a big difference in your overall physical and mental wellbeing. Your doctor may recommend trying a special diet to decrease the amount of inflammation in your body & help relieve some of your symptoms. It may be difficult at first, but here are some suggestions for a typical day on the Anti-Inflammatory Diet:

### Breakfast:

- Egg & Spinach Scramble  
Gluten-free Oatmeal with dried fruit, nuts, & drizzled with honey
- Green Smoothie: Kale, Banana, Strawberries, Blueberries, Almond Milk

### Lunch

- Herb Salad with salmon, cucumbers & kalamata olives, sprinkled with dill & fresh-squeezed lemon
- Chicken, onion & bell pepper kabob with hummus
- Vegetarian Bowl: quick-sautéed kale, quinoa, black beans, avocado & olives with salsa

### Dinner

- Baked Salmon with roasted vegetables & quinoa
- Hearty Lentil Soup with steamed, mashed cauliflower & gluten-free crackers
- Dijon Chicken with steamed asparagus & sautéed spinach

### Snacks & Sweets

- Almonds, veggies & hummus, unsweetened applesauce with fruit, celery & nut butter, frozen berries drizzled with honey & sprinkled with coconut, frozen banana “pops” dipped in warm nut butter, roasted pecans brushed with maple syrup

## Websites for Healthy Living

### Recipes, Shopping Tips, Fitness & Wellbeing

[www.sparkpeople.com](http://www.sparkpeople.com)

[www.wholeliving.com](http://www.wholeliving.com)

[www.eatright.org](http://www.eatright.org)

[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

[www.acefitness.org](http://www.acefitness.org)

[www.thekitchn.com](http://www.thekitchn.com)

[www.hungryhungryhippie.com](http://www.hungryhungryhippie.com)

## Cooking, Eating, & Grocery Shopping Apps



*SparkPeople Healthy Recipes (free, iOS/Android)*  
Plan healthy meals with this app from the most popular diet & fitness website in the US.



*WholeFoods Market Recipes (free, iOS/Android)*  
A pick-your-ingredients recipe finder with optional allergy filters.



*Fooducate (free, iOS/Android)*  
Scan a barcode and get all the nutritional info of the item.



*MealSnap (iOS)*  
Take a photo of your plate & the app gives you an idea of the nutritional info & calories.



*SparkPeople Diet & Food Tracker (free, iOS/Android)*  
Create daily meal plans based on personal health goals, log workouts & track progress over time.

## Fitness & Exercise Apps



*Nike Training Club (free, iOS)*  
Hundreds of different workouts to fit individual needs and goals. For women, by women.



*MyFitnessPal (free, iOS/Android)*  
Track daily activity AND food. Nutritional info, barcode scanner, community exercise motivation.



*All-in Yoga (iOS)*  
Personalized yoga based on level, goals, & lifestyle with photo, video & audio instruction.



*Noom Weight Loss Coach (free, Android)*  
Personal tips, sensors that record activity, daily food intake tracking and “points” for sticking with the program.



*Lose It! (free, iOS)*  
Set a daily calorie goal then achieve it with tracking activity & food. Search recipes & exercises, too, & get progress reports.

Use the Synergy Women’s Healthcare Patient Portal’s search engine for more information, resources & non-emergent needs.

We’re here for your healthy body & healthy living goals.

