

MENOPAUSE

HEART HEALTH

Why does menopause affect the heart?

- During menopause oestrogen levels drop.
- Oestrogen protects a number of different parts of the body, including heart and blood vessels..
- These changes put people at risk for developing heart and circulatory system disorders

How can we manage the risk?



Stop smoking



Keep active



Maintain a healthy weight



Reduce alcohol



Eat a healthy diet



Lower blood pressure

Seek expert medical advice

You're likely to be entitled to a free NHS health check if you are aged over 40, to determine your risk of developing coronary heart disease, stroke, diabetes and kidney disease. It is important to keep up with regular checks and always seek expert medical advice around any concerns.



WORLD MENOPAUSE DAY 2023

HEALTHY HEART

What's the best way to a healthier heart?

- Keep active
- Stop smoking
- Maintain a healthy weight
- Reduce alcohol



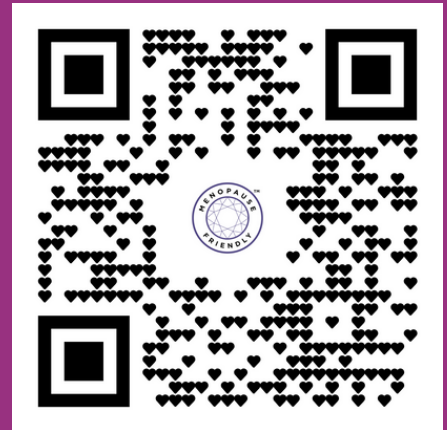
Keeping active



A running programme for absolute beginners, Couch to 5K has helped millions of people like you start running.



The Active 10 app anonymously records every minute of walking you do. Just pop your phone in your pocket and away you go!



Did you know? To stay fit and healthy, it's recommended you get at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day.



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Stop smoking

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!



Stopping smoking is one of the best things you will ever do for your health. Quitting is much easier when you get the right support and there are lots of options to choose from.



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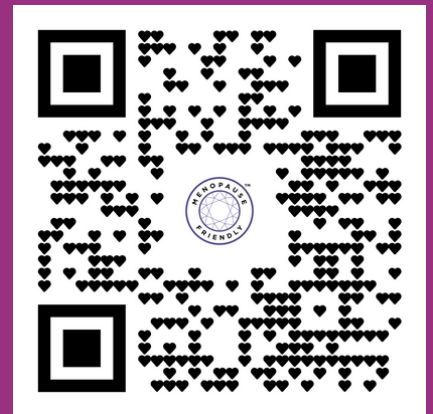
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Lose weight

Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.

Don't worry, the app makes it easy for you – just take it one week at a time. Let's make "one day" today!



If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.



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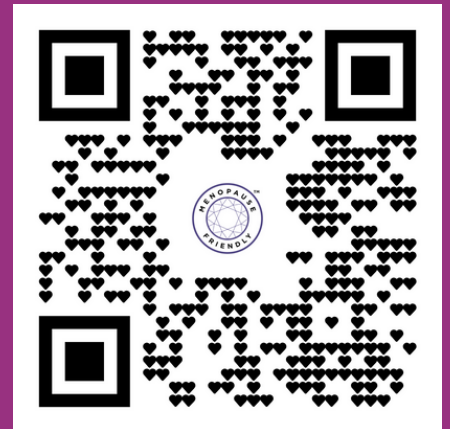
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Drink less

Feel healthier, lose weight and save money by picking your days to go drink-free.

One simple way to cut down is to have at least a few drink-free days every week, so choose yours and get practical support to stick with it.



Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money.

Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

