

Health Issues for Women After Forty

East West Bank Public Health Lecture

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■ www.CADAH.org

The Change

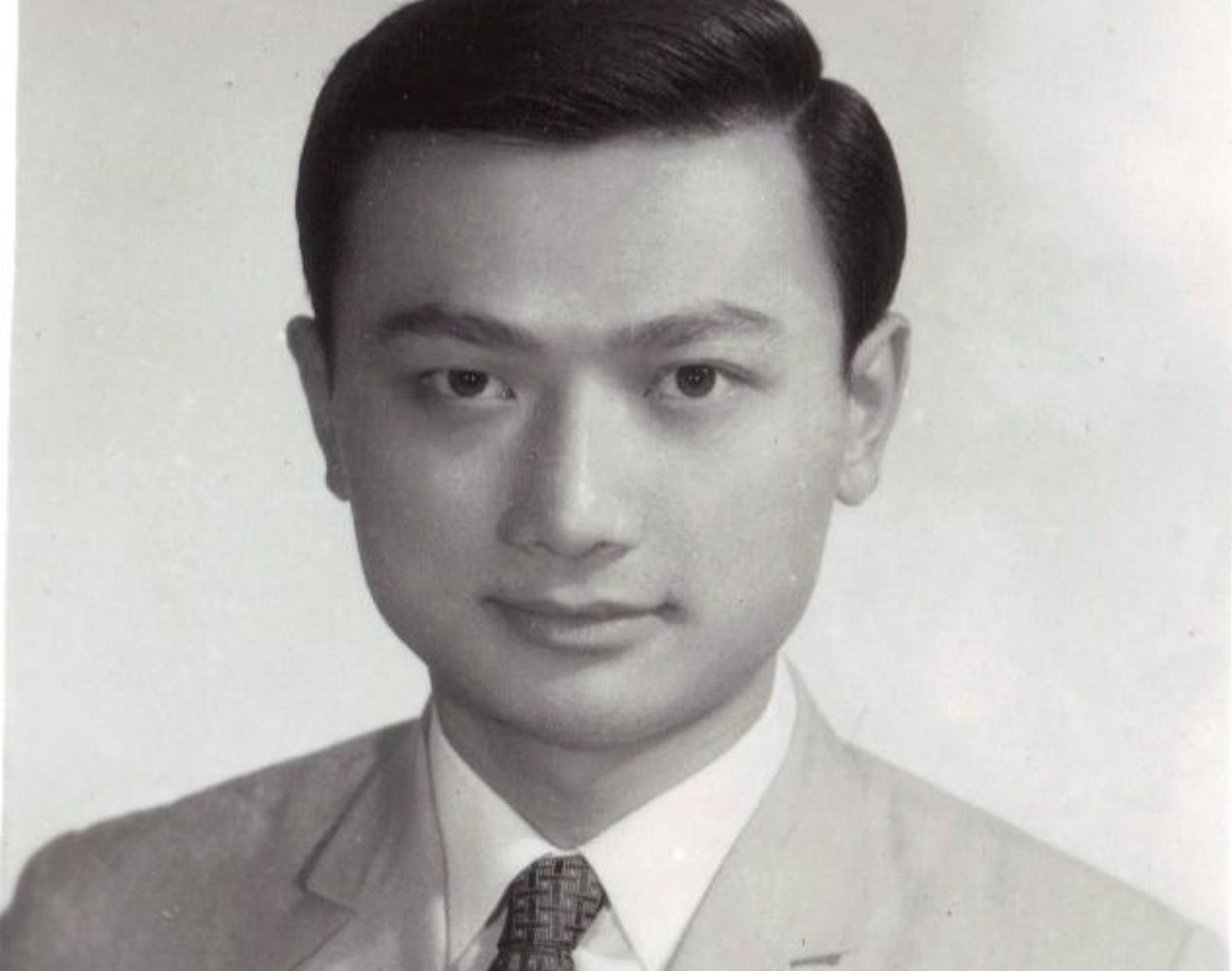
■ 35



Jennifer Lopez
DOB: 7/24/1969

The Change

- How menopause affects **YOU**....
- Women are living longer than ever before, better too. As your body changes, however, so do your health care needs.
- Keep abreast of the changes and head off potential health threats with guidelines here.



The Change

- 40's
- Now's the best time to lay the foundation for good health in your later years.

The Change-40's

- **What Happening Now**
- Fluctuating estrogen and progesterone levels may contribute to a host of perimenopausal symptoms, including irregular periods, mood swings, insomnia, headaches, palpitations and hot flashes, especially after age 45.

The Change-40's

- As you grow older, the rate at which your body burns calories declines – by as estimated 4% to 5% with each decade of life – making it harder to keep off unwanted pounds.

The Change-40's

- **What You Can Do**
- **Use contraception.** Although fertility declines and your periods may be sporadic, it's still possible to get pregnant. Discuss your contraceptive options with your OB/GYN.

The Change-40's

- **Fight Fat** with a sensible low-fat diet and plenty of exercise.
- **Prepare for your menopause** by learning as much as you can about it.

The Change

- 50's
- You're entering a new phase of life. Make it your best yet by keeping active and healthy.

The change-50's

- **What Happening Now**
- Sharply lower estrogen levels after menopause may lead to hot flushes and vaginal dryness and contribute to rapid bone loss.
- Some women may notice a shift in fat distribution from the hips and thighs to the abdomen, associated with greater health risks.

The Change-50's

- **What You Can Do**
- **Break a sweat.** Exercise may help relieve hot flushes, keep your heart in shape, slow bone loss, and keep weight in check.

The Change-50's

- **Consume more calcium.** You need 1,200 to 1,500 mg. daily after menopause. Best food sources: low-fat milk and dairy products.
- **Get plenty of vitamin D.** Vitamin D is essential for optimal calcium absorption. Milk is vitamin D-fortified and sunlight is another good source of vitamin D.

The Change

- 60's
- Many women continue to enjoy good health throughout their 60's and even well into 70's and 80's. You can, too.

The Change-60's

- **What happening Now**
- Postmenopausal bone loss slows down, but doesn't stop altogether.
- Muscle mass deteriorates, too, sometimes making it more difficult to climb stairs, lift groceries (or grandchildren) and maintain everyday routine.

The Change-60's

- Connective tissue in joints becomes less elastic, leading to stiffer joints, decreased flexibility.

The Change-60's

- **What You Can Do**
- **Pump Some Iron.** Strength training can increase muscle mass, thereby improving fitness and function. Simple stretches can help maintain flexibility as well.

The change-60's

- **Keep up your calcium intake.** You need 1,200 to 1,500 mg. daily. After age 70, your need for vitamin D rises from 400 to 600 units.

The Change

- **Your Annual Checkup:** All women over 45 should regularly undergo the following health screening tests.
- **Body Mass Index:** A yearly assessment of body mass based on height and weight to help determine whether you are overweight.

The Change – Annual Checkup

- **PAP Smear:** Every two to three years after three consecutive negative tests for low-risk women, or as recommended by your physician.
- **Pelvic Exam:** Annually to check the health of your reproductive organs.

The Change-Annual Checkup

- **Breast Exam:** Annually by your physician to detect breast lumps or masses of concern; monthly by you, if you wish.
- **Mammogram:** Every one to two years in your forties and every year beginning at age 50 to screen for breast cancer.

The Change-Annual Checkup

- **Lipid Profile:** Every five years.
- **Thyroid-Stimulating Hormone Screening:** Every five years beginning at age 50 to check for thyroid problems.

The Change-Annual Checkup

- **Blood Pressure:** Annually to check for high blood pressure (130/90 or higher).
- **Bone Density Test:** Recommended for all women ages 65 and older; may be recommended for younger women with one or more risk factors for osteoporosis.

The Change-Annual Checkup

- **Risk Factors for Osteoporosis:**
- Menopause
- Removal of Ovaries
- Diet Low in Calcium
- Race – White and Oriental Women
- Lack of Exercise
- Slender Build
- Eating Disorder – Anorexia or Bulimia

The Change-Annual Checkup

- **Risk Factors of Osteoporosis (Cont.)**
- Family History
- Some Medications, e.g., diuretics, steroids, anticonvulsants
- Alcohol and/or Tobacco Use

The Change-Annual Checkup

- **Colon Cancer Screening:** Regular screening beginning at age 50-choose one of five options:
 - 1. Flexible sigmoidoscopy every 5 years;
 - 2. Double-contrast barium enema every 5 years;
 - 3. Computed Tomographic colonography every 5 years
 - 4. Colonoscopy every 10 years.

The Change-Annual Checkup

- **Fasting Blood-Glucose Check:** Every three years beginning at age 45.
- **Urinalysis:** Annually beginning at age 65 to check for bacteria, blood, or sugar, possible signs of infection, diabetes, or kidney problems.

The Change-Annual Checkup

- **Skin-Cancer Check:** Monthly by you; annually by your health care provider.
- **Eye Exam:** Periodically beginning at age 65.
- **Immunization:** Annual influenza vaccine beginning at age 50; tetanus-diphtheria-pertussis booster every 10 years for women 40-64, and tetanus-diphtheria booster every 10 years for women 65 and older.

Coping with Vaginitis

- What You Can Do:
 - 1. Avoid using soap, shower gel or feminine deodorant sprays in the genital area.
 - 2. Use only white, unbleached toilet tissue and sanitary products.

Coping with Vaginitis

- 3. Use a condom during sex. Also thoroughly clean diaphragms, cervical caps and spermicide applicators after each use.
- 4. Don't try to cover up a bad odor. It could be a sign of infection that should prompt you to make a doctor's appointment.

The background of the slide is a solid orange-brown color with a pattern of faint, stylized autumn leaves in various shades of brown and gold. The leaves are scattered across the frame, some overlapping, creating a seasonal and warm atmosphere.

Folks,
That's it.
Thank you very much.