

Midlife Health Resource for Women

WHAT IS MENOPAUSE?



Menopause refers to the condition when menstruation does not occur for 12 months in a row.

Well, we think that this is just a bookish definition because...

From surveys and research, we know for a fact that women go through a huge change both physically and psychologically during this transitional phase and later.

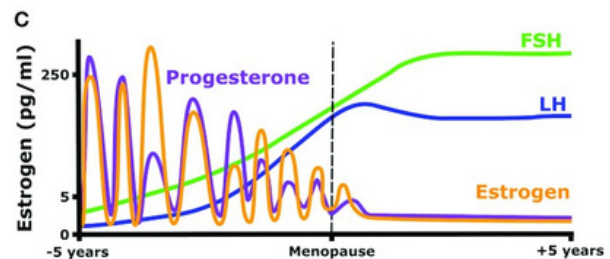
The global average age of menopause is 51, while in Indian women, it is late 40s!

MENOPAUSE IS GREATER THAN JUST THE END OF MENSTRUATION

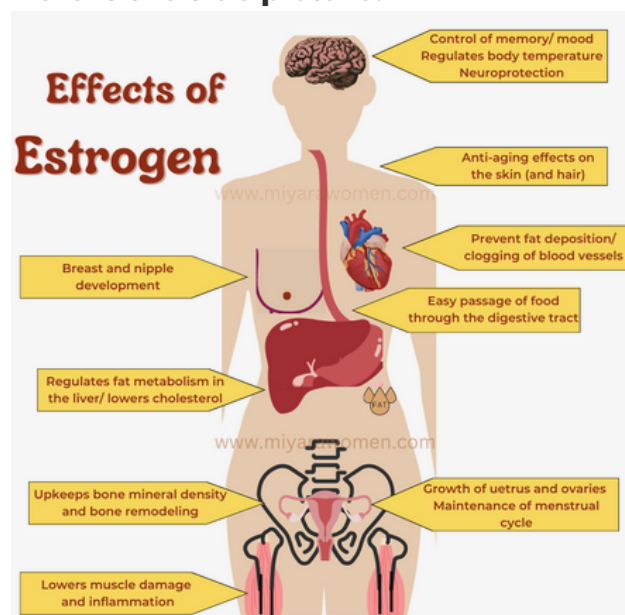
Before periods stop completely, your body starts undergoing changes several years ahead in preparation for menopause. This transitional period can last 4-8 years and is referred to as **perimenopause**.

During this phase, there can be

abnormal fluctuation of hormones (see graph), due to which women may experience **up to 34 physical and psychological symptoms** because of hormonal changes (listed in page 2).

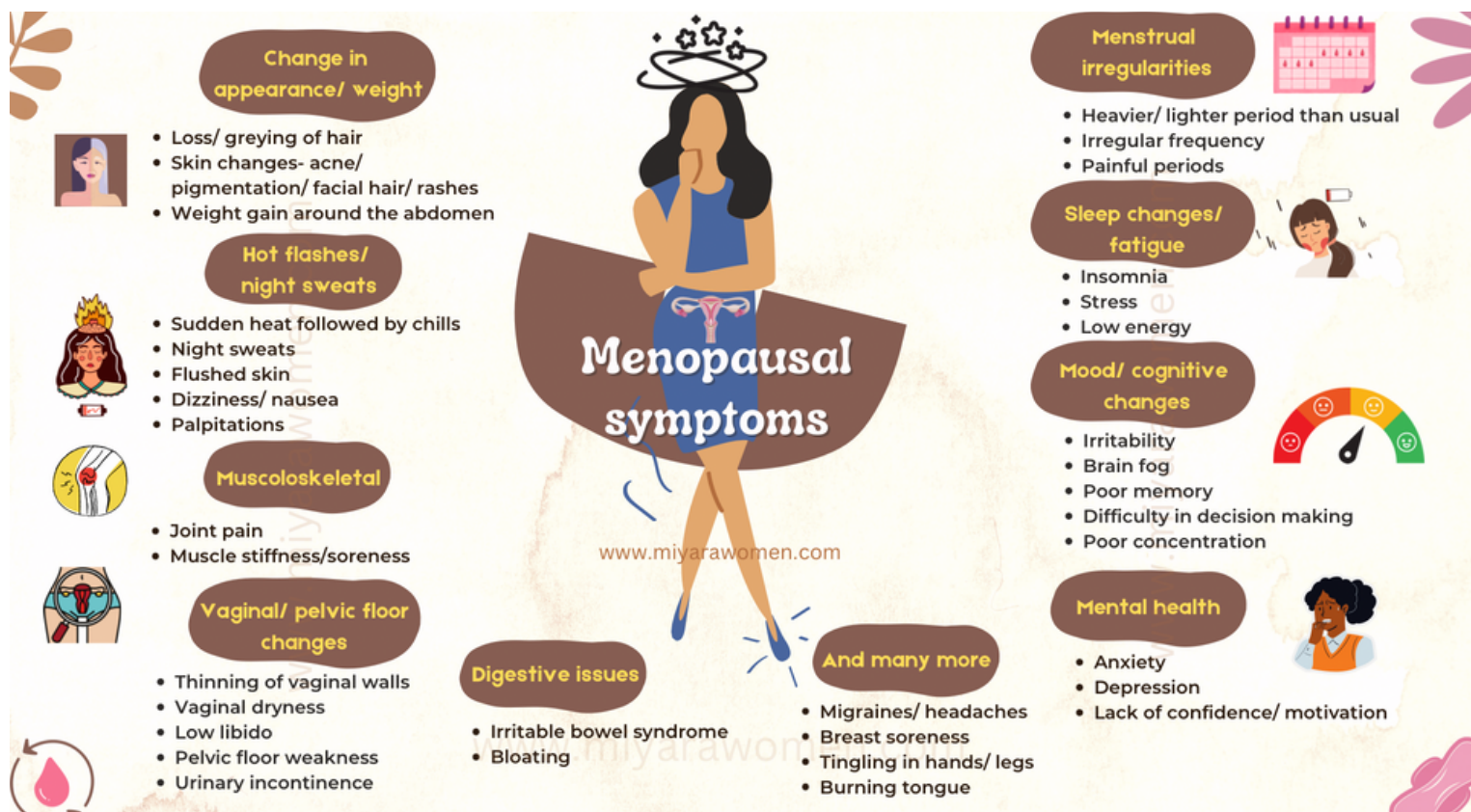


It is well known that estrogen is the dominant hormone in the female body. However, over the years, scientists gather that the general notion of **estrogen being just a reproductive hormone is a gross oversimplification**. Here is the true picture!



WHAT SYMPTOMS TO EXPECT?

Each woman experiences menopause differently with a subset of these symptoms.



QUESTIONS TO ASK YOUR GYNAECOLOGIST?

- ☐ How to know if you are in Perimenopause?
- ☐ Do I still need contraception?
- ☐ How long will my symptoms last?
- ☐ Is there a medication for menopause symptoms?
- ☐ What lifestyle changes can help?

HOW TO KNOW IF YOU ARE IN PERIMENOPAUSE?

It is important to understand that there is **no definite test to diagnose perimenopause**.

When we seek medical intervention for symptoms, which can sometimes interfere with daily life or even be debilitating, medical professionals try to rule out all other possible causes before zeroing in on perimenopausal status.

Miyara's recommendation

Start your journey with an assessment of your symptoms and lifestyle.

SOME BASICS FOR YOU TO THINK ABOUT

How often do you exercise?
Is your fitness routine appropriate for your age/ physical condition?



Do you feel rested and energetic when you wake up in the morning/ through the day?



Does your daily plate look like this?

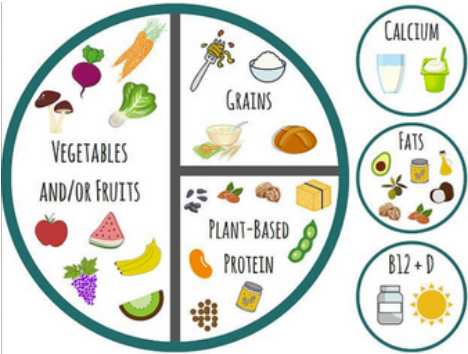


Image courtesy: Pickuplimes



How do you handle challenging situations- work or personal?
What is your approach to coping with mental stress?



How is your uro-genital health?

Do you have digestive issues?



Do you have skin problems/ hairfall often?

LIFESTYLE CHANGES TO FOCUS ON

HEALTHY AGING & MENOPAUSAL TRANSITION

NUTRITION & GUT HEALTH

High protein
Fibre-rich
Micronutrients



PHYSICAL FITNESS

Strength training
Flexibility
Moderate cardio



MENTAL HEALTH

Stress management
Mindfulness
Relaxation/ hobbies



SLEEP/ MINDSET/ HYDRATION

Sleep quality and duration
Positive outlook + acceptance
Adequate fluid



HEALTH CHECKUPS

Age and lifestyle related
Hereditary conditions
Gynecology related



To incorporate these habits,
embark on your health journey with us

Start your health journey with an assessment of your symptoms and lifestyle.

Our wellness offerings

Midlife Support Community

- Benefit from the collective knowledge of women in midlife from our global community.
- Get product/ service recommendations and tips to manage symptoms



FREE Health assessment

- Understand your life stage better by filling up a questionnaire about your health issues during midlife: specific symptoms, or chronic conditions
- Talk to menopause experts and set your health goals.
- Try our mini health challenges spanning nutrition, fitness and mental health (at extra cost)

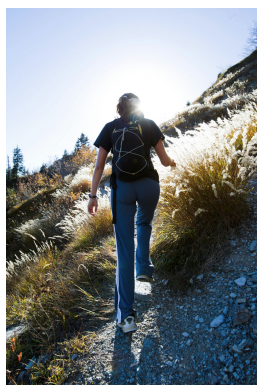
Self-guided programs

- Holistic support via the Miyara platform with fitness, nutrition and mental health challenges and workshops.
- Do symptom management programs at your own pace.
- Discuss your life stage and get possible solutions from empathetic health experts.

For more information:
Send a WhatsApp at +91 6366291668
or contact@miyarahealth.com

RECOMMENDED READING

Perimenopause-the rollercoaster to menopause



Sleep: The treasure trove of good health in midlife



Depression, Anxiety, Mental health - a quick guide



The power of stress: do not underestimate it!



Tracking your period can answer a lot of your health concerns



Recommended reading: [How to talk to men about your menopause?](#)

Miyara's preventative health guide

GENERAL HEALTH

Early diagnosis is the best way to either prevent long-term conditions or treat diseases successfully. However, women often forget to get regular health checks done, out of a lack of knowledge or time.

Based on consultation with doctors, we have curated a list of recommended health tests to be done at different ages. Read more [here](#)

Which preventative health tests are suggested in your 30s, 40s, and beyond?



@miyara_women

BREAST CARE

BREAST SELF EXAMINATION

The simplest thing one can do is regular breast self-examination (BSE). We recommend that you do it on the same date every month. You can set a recurring reminder so you don't miss it.

DOWNLOAD
Miyara's
STEP-BY-STEP
BSE GUIDE
(FREE)

NO-TOUCH BREAST SCREENING BY NIRAMAI (INDIA)

You can also opt for a radiation-free, no-touch, no-pain breast screening test at the convenience of your home by our partner [Niramai Health Analytix](#).

BOOK
YOUR AT-HOME
TEST HERE

Niramai is a Bangalore-based deep-tech startup that has developed this novel screening solution. The company states that "It is a software-based medical device to detect breast cancer at a much earlier stage than traditional methods or self-examination as it detects anomalies as small as 4 mm compared to regular mammography which can detect from 2 cm onwards."