

THE UK'S DEDICATED MENOPAUSE PRINT MAGAZINE WITH INFORMATION YOU CAN TRUST

Menopause matters

Spring 2024 • £5:99

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Sarcopenia - get
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Menopause facts
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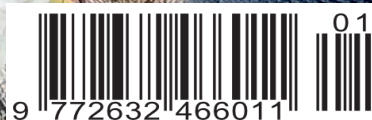
Learning by
laughing



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Some tips for men
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What is happening to my body?



Trudi Roscouet says if she had asked for £1 every time a woman asks her that question, she would have been very rich by now!

If you ask anyone what is the first thing that they think about when they hear the word menopause, some of the answer would be 'old', 'hot flushes' 'the end'; I want to break that taboo and make 'The Change' for the better, the stronger and the new you.

One of the lesser spoken-about symptoms is that of sarcopenia, muscle wastage.

I always have that image of an old person who is unable to get themselves out of a chair or a bath when I hear this word. This is due to the declining amount of estrogen (yet again). As you may be aware this hormone plays a crucial role in maintaining bone density and muscle mass and has a protective effect on muscle tissue, and with its reduction it can contribute to the loss of muscle mass and strength.





Other factors

There are other factors as we get older, we not only undergo a natural decline but we tend to reduce our physical activity. Factors like the weather, fatigue, mood changes, or other menopausal symptoms can create that vicious circle of lack of motivation and feeling sluggish. Unfortunately, this is a major contributing factor to speeding up the ageing process.

We are now, sadly, an obese nation. Yes, it's a startling fact that we are one of the worse countries in Europe for our nutritional quality. Factors such as insufficient protein can also contribute to muscle wastage. Protein is the key when we are talking about nutrition during this time of our lives. It keeps us full (I think the word is satiated); it keep us strong; it helps to build muscle mass.

Spookily, whilst writing this, I am being messaged as to ask what kind of protein should be we eating!

“Protein is the key when we are talking about nutrition during this time of our lives.”

So, because of that message here goes:

- **White meat- chicken, turkey** – griddle it direct on pan – use a jerk seasoning or make your own Mediterranean mix. Chop it for salads or mixed veg into lunchboxes
- **Venison, pork and duck** – sounds costly but makes beautiful dinners. Add pulses to your main dishes, chickpeas and lentils. No one knows they are there and they add a huge amount of protein.
- **Fish. Anything goes** – tins of salmon and tuna are my staples when there is nothing in the fridge. Add pulses to any mix (tuna and mixed bean, add some feta and cucumber).
- **Eggs** – boil an egg and then throw it over tuna or a salad.






The Sleep Cool bFan BedFan

For a deeper night's sleep

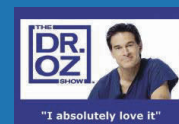


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- **Greek yogurt** – I add this to any recipe that needs cream. E.g. pasta dishes, curry sauces and mousakka. Don't worry about reduced fat (MYTH!) Go for full 10%-20% fat! Yup, I know it goes against everything you have ever been taught! Marinate chicken breasts with curry spices; add it to homemade coleslaw – I go through buckets of the stuff!
- **Unsalted nuts** – buy bags of chopped nuts, cheaper and easier to measure out over salads, breakfasts (no granola).

The new guidelines are that for every kilo of weight, think 1 gram of protein. WOW!

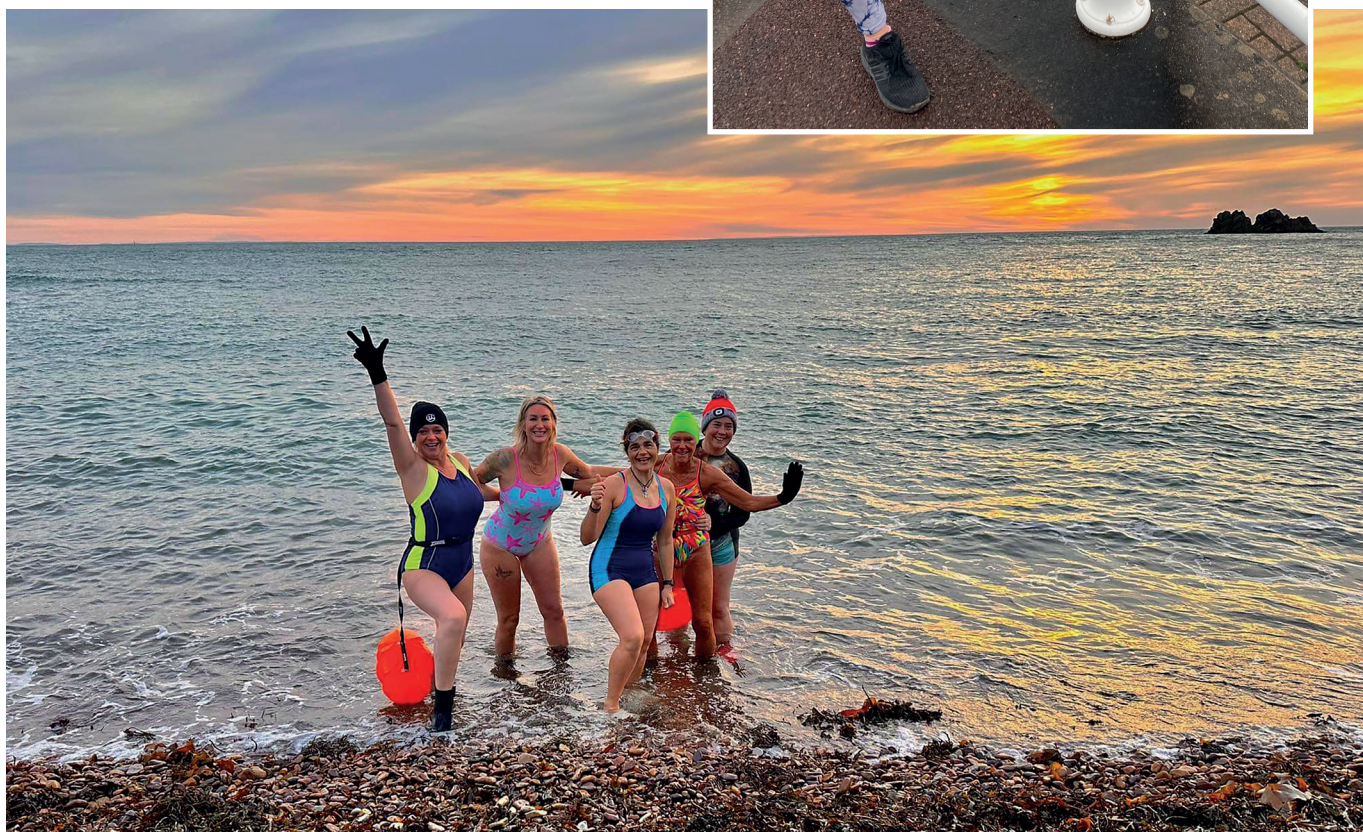
Now the next step:

Exercise

You may have read my article on motivation and #justdoit but this is a necessity not a nice to! This is about your body and your life. Chronic health conditions such as diabetes or cardiovascular disease, can contribute to sarcopenia so let's start with regular and constant exercise.

Walking – just get out in the fresh air and breathe – you do not need to run and exacerbate cortisol or joints. Obtain as much Vitamin D as possible. Take this from the sun and also from supplements – (think of circa 1000iu daily). Vitamin D is critical for bone, heart, and mental health and should be part of your vitamin routine.

Strength training – I know I keep harking on about this, but the more weight you put through your joints (that includes your body weight) the more you strengthen the joints. Try Pilates or yoga. I've written recently about my return to the gym and how it has transformed my 'accountability.' I've now formed a new friendship group and they always ask: "See you on ...?" That is all you need!



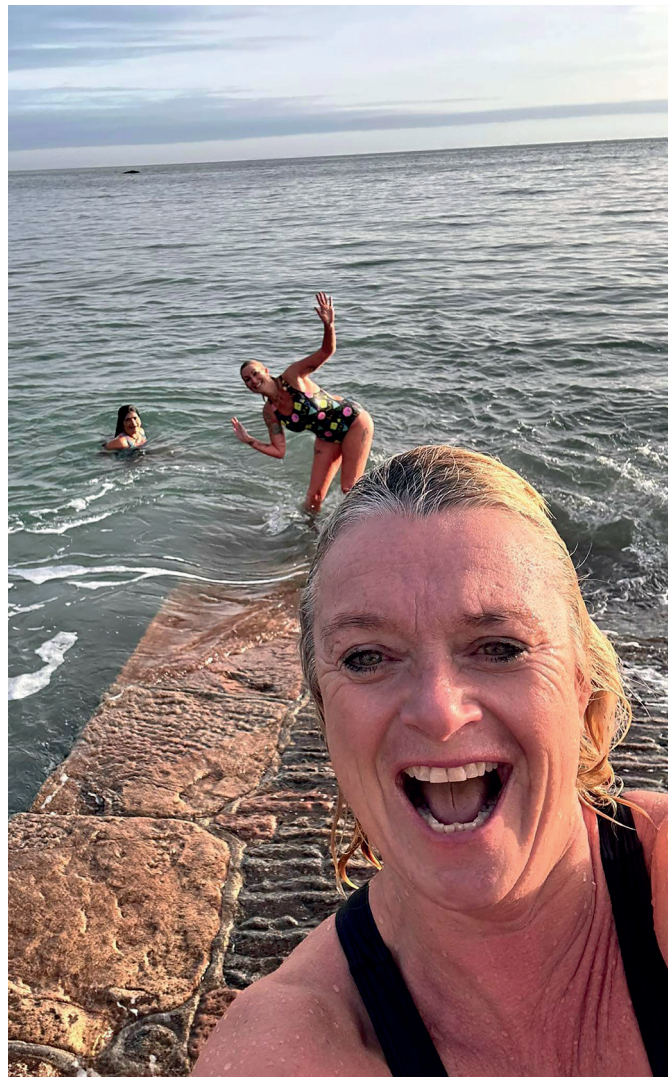
□ Sarcopenia



I just want to add a quick footnote here about the scales. We are all obsessed with the figures. It doesn't help that our BMI is resting on the figures but we need to be aware that our 'setting point' does change. This is no excuse if your BMI is over 30 but when you are struggling to lose weight and your BMI is on the 'heavy' side of normal, I would suggest you don't get fixated.

The questions we need to continually ask ourselves:

- 1) Are we eating from scratch?
- 2) Do we include a balanced mix of proteins, fats, and carbs?
- 3) Are we trying to include more pulses/vegetarian options in our diet?
- 4) Do we continuously exercise? Gardening, walking, physical working.
- 5) Do we put additional strength through our joints? Try yoga, gym or Pilates.



The other factors

Inflammation and oxidative stress: Chronic inflammation and oxidative stress, which tend to increase with age, can contribute to muscle wasting. These processes may be influenced by hormonal changes and other factors associated with menopause.

Genetics: These also play a role in the risk of developing sarcopenia. Some individuals may be more genetically predisposed to muscle loss with age, and this genetic susceptibility can be independent of menopausal status.

Try to live your best life. **MM**

As Trudi turned 50, she was embarking on a new life, heading to Spain when she was diagnosed with the menopause. This event turned her life around. By packaging everything together using her knowledge as a trainer, obesity specialist, life coach and menopause ambassador, she hopes to be able to incorporate all of this with her passion for listening to other people's stories, in the form of podcasts that sit under her four pillars of health plus general well-being.

www.vitality40plus.com