

Living Healthy After Menopause

Overview of Post-Menopause:

After menopause, a woman is considered to be in post-menopause the rest of her life.¹ Post-menopausal women are at increased risk for osteoporosis, heart disease and urinary incontinence.^{2,4,5} Exercising can help strengthen bones, improve heart function and prevent accidental urine leakage.

Post-Menopause Health

Concerns:

- Osteoporosis
- Coronary artery disease
- Urinary incontinence



<http://phil.cdc.gov/phil/details.asp>

Maintaining Healthy Bones:

Weight-bearing exercises prevent osteoporosis by increasing bone strength and reducing the risk for fractures.² Resistance exercises on both land and water can be beneficial for preventing osteoporosis. Aquatic exercises might be the best option for those who have joint pain.³

Try these Weight-Bearing Exercises!

- Walking
- Jogging
- Step-Ups
- Lifting weights while standing²



<http://phil.cdc.gov/phil/details.asp>

Preventing Heart Disease:

The loss of estrogen in post-menopausal women may be associated with an increased risk of heart disease.⁴ A goal for women should be 150 minutes of moderate physical activity each week to reduce their risk.⁴ Talk to a physical therapist for a customized exercise plan to prevent both osteoporosis and coronary artery disease.

Examples of Aerobic

Exercise:

- Yardwork
- Circuit Training
- Swimming
- Cycling
- Yoga



<https://go4life.nia.nih.gov/exercises>

Managing Urinary Incontinence:

Pelvic floor exercises, such as Kegel exercises, have been shown to be beneficial in reducing urinary incontinence.⁵ Talk to your doctor or a physical therapist who specializes in pelvic floor rehabilitation. Treatment from a knowledgeable physical therapist will increase your chances of fixing urinary incontinence associated with post-menopausal changes.

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References:

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3. Balsamo S, et al., Resistance training versus weight-bearing aquatic exercise: a cross-sectional analysis of bone mineral density in postmenopausal women. *Rev Bras Reumatol*. 2013 Apr;53(2):193-8.
4. American Heart Association. Menopause and Heart Disease. http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Menopause-and-Heart-Disease_UCM_448432_Article.jsp. 2015.
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