



Obesity and menopause

Author: Dr.Shayesteh Jahanfar

Address: PhD; School of Population and Public Health, the University of British Columbia
Vancouver, Canada, 2015
jahanfar2000@yahoo.com

Evidence suggests that women increase in body weight with age and such a trend begins or alleviates near menopause. Apart from body weight gain, body fat distribution changes with age. There is a rise in body fat as a percentage of body weight and a redistribution of body fat with a relative surge in the proportion of abdominal fat called "android fat". Centralized body fat is considered as a risk factor for cardiovascular disease. Changes in body fat during menopausal age are also associated with osteopathic fracture. Weight gain, weight loss, and even intentional weight loss are associated with increased fracture incidence, but associations differ by anatomical fracture location.¹ Aver 30% of all cancer deaths each year are linked to lack of diet and physical activity while another third are caused by tobacco products.

Healthy eating can prevent or reduce certain conditions that may develop during and after menopause such as obesity, type 2 diabetes, heart disease, cancers and osteoporosis.² Caloric restriction to achieve and maintain ideal body weight is advised. Based on Canadian Food Guide on Healthy Eating, a simple guide for healthy eating will be presented. A brief discussion regarding use of hormone replacement therapy will be presented.