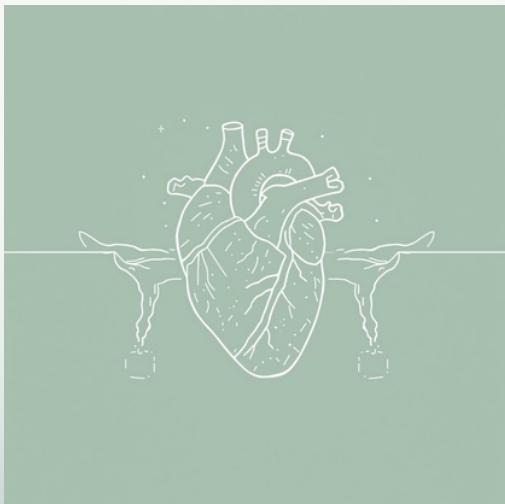
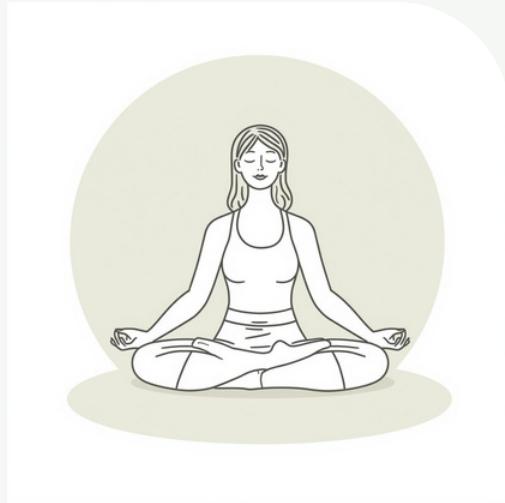


# **THE MID-LIFE CENTER**

*Redefining Menopause Care for  
the Modern Woman*

**Dr. Kavitha Sundar**  
MD, FOGSI  
Heart Health & Midlife Hormone Specialist



## THE MID-LIFE CENTER

Protecting the Heart of Every Midlife Woman

Dr. Kavitha Sundar

MD, FOGSI

Heart Health & Hormonal Cardiovascular Wellness Expert

As hormones decline during perimenopause and menopause, a woman's cardiovascular risk rises—often silently. Dr. Kavitha specialises in helping women understand, track, and safeguard their heart health while supporting hormonal transitions that influence blood vessels, metabolism, and circulation.

# HOW DR. KAVITHA WORKS

## Her Clinical Approach:

### 1. Comprehensive Heart & Hormone Evaluation

- ⌚ cardiac risk history
- ❤️ blood pressure & vascular assessment
- 血脂 cholesterol & lipid profiling
- 🧬 metabolic & hormonal correlation analysis

### 2. Personalised Prevention-Focused Plans

- ✓ cardiovascular risk reduction
- ✓ hormone-aware medical guidance
- ✓ safe & monitored interventions
- ✓ stepwise clinical optimisation

### 3. Nutrition for Heart & Hormone Harmony

- 🥗 heart-protective nutrition
- 🥗 anti-inflammatory dietary structure
- 🌿 fibre & antioxidant patterns
- 🥑 healthy fat balance & metabolic support

### 4. Lifestyle & Stress Management Guidance

- 🚶‍♀️ heart-safe movement plans
- 🧘‍♀️ stress-hormone balance strategies
- 💤 sleep support to reduce inflammatory load

### 5. Continuous Monitoring & Follow-Up

- ✓ progress evaluation
- ✓ medication or strategy refinement
- ✓ long-term wellness protection

## Her philosophy:

Women's heart health requires specialised attention — especially in midlife.

# WHAT SHE OFFERS AT THE MID-LIFE CENTER

## Programs & Services:

### Midlife Heart Wellness Program

- perimenopause heart protection
- post-menopause cardiovascular monitoring
- hereditary risk assessment
- inflammation & metabolic evaluation
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### Hormone-Linked Heart Care

- how estrogen decline affects arteries
- personalised evidence-based guidance
- safe decision pathways

### Metabolic & Circulation Optimization

- ◆ improved energy
- ◆ better stamina
- ◆ reduced heaviness and fatigue

### Why Heart Health Matters in Midlife

Without specialised care, women may face:

- ⚠ increased heart disease risk
- ⚠ cholesterol imbalance
- ⚠ high blood pressure
- ⚠ reduced vascular elasticity
- ⚠ silent cardiac strain

### Ideal for Women Who Experience

- ◆ fatigue and breathlessness
- ◆ palpitations or rhythm changes
- ◆ family history of heart disease
- ◆ weight gain with menopause
- ◆ high cholesterol or BP
- ◆ stress-related symptoms