



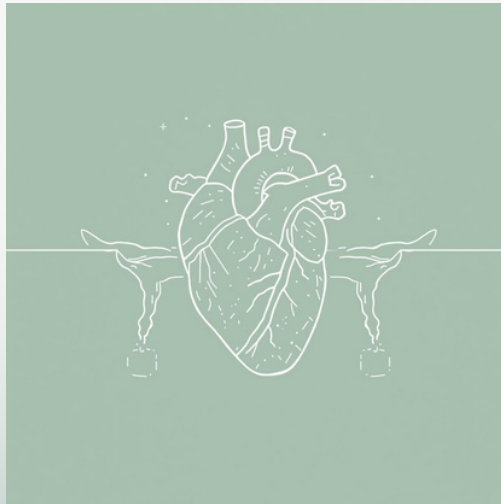
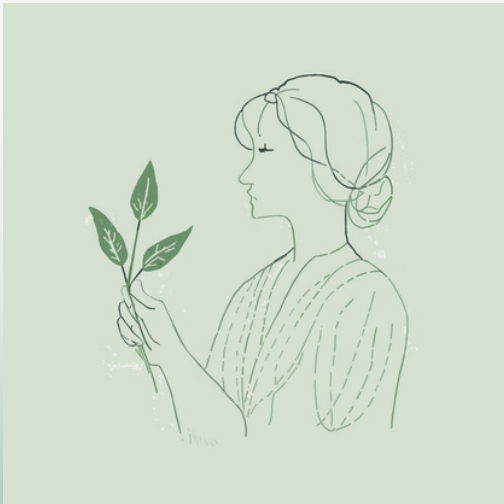
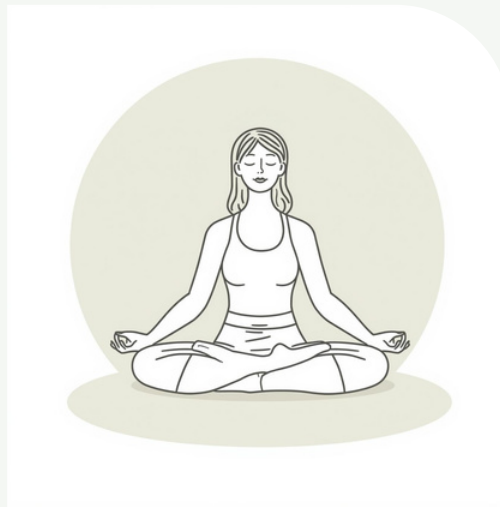
THE MID-LIFE CENTER

*Redefining Menopause Care for
the Modern Woman*

Dr. Saranya Devi

MD, PhD

Bone Health & Midlife Hormone Expert



THE MID-LIFE CENTER

Stronger Bones. Balanced Hormones. Confident Living.

Dr. Saranya Devi
MD, PhD

Bone Health & Hormonal Ageing Specialist

Midlife is a turning point — where bone strength, metabolism, mood, sleep, and hormonal balance begin to shift. Dr. Saranya helps women understand, protect, and rebuild their bone health while supporting the hormonal transitions that influence it.

HOW DR. SARANYA WORKS

1. Comprehensive Bone & Hormone Assessment

- 🏥 Medical and fracture history
- 🦴 Bone mineral density evaluation
- 🩸 Vitamin D, calcium & hormonal analysis
- 📊 Lifestyle and risk scoring

2. Personalised Treatment Strategies

- ✓ bone preservation protocols
- ✓ menopausal symptom management
- ✓ calcium–magnesium balance
- ✓ regulated HRT if appropriate

3. Nutrition for Skeletal Strength

- 🥗 micronutrient-focused planning
- 🥛 absorption-friendly calcium strategies
- 🌿 anti-inflammatory diet structure
- 🍖 protein optimisation for muscle support

4. Movement & Posture Guidance

- 🧘♀️ weight-bearing exercise
- 💪 resistance training principles
- 🧎♀️ fall-prevention and alignment

5. Ongoing Monitoring

- ✓ progress tracking
- ✓ dosage & lifestyle refinement
- ✓ proactive long-term protection

Her philosophy:

Prevention is empowerment. Early support changes the future.

WHAT SHE OFFERS AT THE MID-LIFE CENTER

Programs & Services

Bone Health Optimization Program

- Perimenopause bone loss prevention
- Post-menopause strengthening plans
- Early osteoporosis detection
- Genetic and metabolic risk insight

Hormone-Linked Bone Care

- ✓ how estrogen decline impacts bone density
- ✓ safe evidence-based guidance
- ✓ personalised decisions, not guesswork

Mid-Life Strength & Wellness Packages

- ✦ improved stamina
- ✦ posture and mobility
- ✦ metabolic balance
- ✦ confident ageing

Why Bone Health Matters in Midlife?

Without support, women face:

- ⚠ accelerated bone loss
- ⚠ higher fracture risk
- ⚠ spinal compression & posture changes
- ⚠ reduced mobility and independence

Ideal for Women Who Experience

- ◆ back or joint aches
- ◆ height reduction
- ◆ early menopause
- ◆ fatigue and weakness
- ◆ family history of osteoporosis
- ◆ hormonal fluctuations