



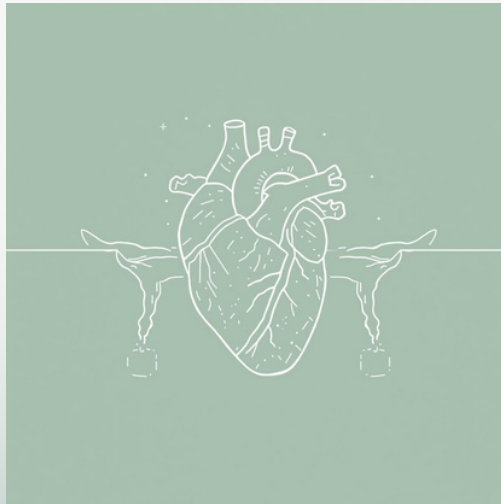
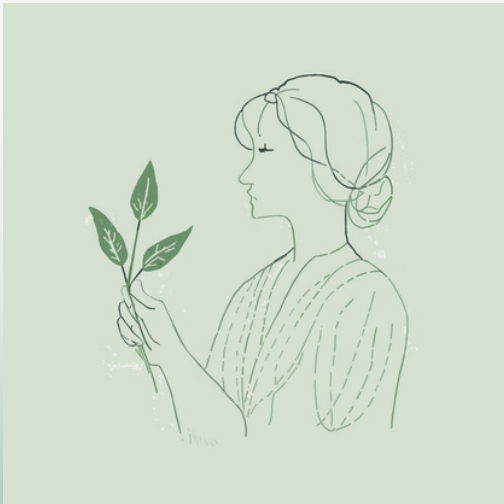
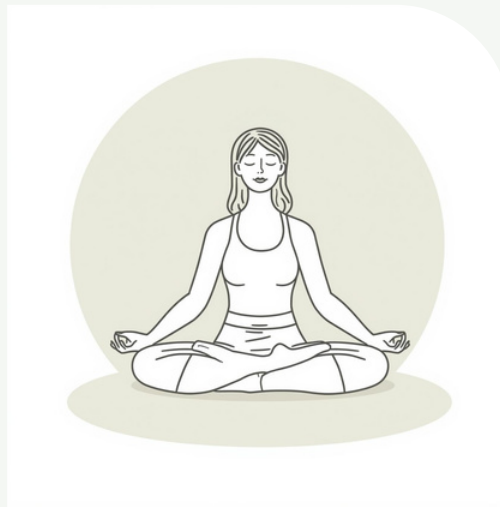
THE MID-LIFE CENTER

*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

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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
-  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