

Menopause and Heart Health

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Why Your Health Is Affected ?



Why Your Heart is Affected ?

As estrogen declines, its natural protection against heart disease—via balanced cholesterol, glucose, blood pressure, and artery health—diminishes

Hidden Warning Signs

- Atypical chest discomfort—e.g., throat, jaw, back, or upper abdomen pain
- Shortness of breath, dizziness, or fatigue
- High blood pressure, elevated sugar or cholesterol



Protect Your Heart Now

Get checked early—even during perimenopause: Monitor BP, blood sugar, lipid profile, and weight regularly.



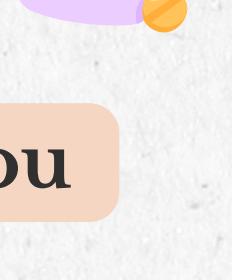
Move daily: moderate physical activity weekly.

Choose heart-healthy foods: Use mustard or olive oil, eat dals, whole grains, vegetables, limit fried, sugary, processed foods



Avoid tobacco & alcohol: Both amplify heart disease.

Consider HRT carefully: When started within 10 years of menopause in healthy women, it may protect heart health; but its benefits depend on individual factors .



Le Nest Hospital Supports You

1. Early risk assessment during perimenopause
2. Customized wellness plans (exercise, diet, stress)
3. Monitoring of blood pressure, sugar & cholesterol
4. Expert advice on medications (including HRT)



Take Action Today
A few simple lifestyle shifts and regular checkups

can delay or prevent heart disease.

DR. MUKESH GUPTA
OBSTETRICIAN &
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LÉ NEST
Beyond Just Care