

# MENOPAUSE

## HEART HEALTH

### Why does menopause affect the heart?

- During menopause oestrogen levels drop.
- Oestrogen protects a number of different parts of the body, including heart and blood vessels.
- These changes put people at risk for developing heart and circulatory system disorders.

### How can we manage the risk?



Stop smoking



Keep active



Maintain a healthy weight



Reduce alcohol



Eat a healthy diet



Lower blood pressure

### Seek expert medical advice

You're likely to be entitled to a free NHS health check if you are aged over 40, to determine your risk of developing coronary heart disease, stroke, diabetes and kidney disease. It is important to keep up with regular checks and always seek expert medical advice around any concerns.

