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## **Menopause and Metabolic Health: What Changes and Why It Matters**

Menopause is a natural biological transition, but the years surrounding it can bring meaningful changes in metabolic health.

Changes in body composition, fat distribution, glucose regulation, cholesterol, muscle and bone health may occur during this stage.

Rather than focusing only on menopausal symptoms, midlife provides an important opportunity to reassess **long-term metabolic and cardiovascular health**.

### **Changes in Body Composition**

Even when the number on the weighing scale does not change dramatically, the distribution of body fat may change with age and menopause.

An increase in abdominal adiposity can have implications for insulin sensitivity and cardiometabolic health.

### **Glucose, Cholesterol and Cardiovascular Risk**

The menopausal years often coincide with changes in glucose metabolism, blood pressure and lipid levels.

Ageing itself also contributes to cardiovascular risk, making this an appropriate time to review the overall risk profile rather than attributing every change solely to menopause.

### **Muscle Matters Too**

Healthy ageing is not only about avoiding weight gain.

Maintaining muscle strength and physical function becomes increasingly important with age. Nutrition, regular physical activity and resistance exercise therefore deserve particular attention.

### **Protecting Bone Health**

Declining estrogen after menopause can accelerate bone loss. Osteoporosis risk depends on multiple factors including age, menopausal status, previous fractures, family history, medical conditions and medications.

Bone health should therefore form part of a broader approach to healthy ageing.

### **Key Takeaway**

**Menopause is an important health transition—and an opportunity to reassess weight, metabolic health, cardiovascular risk, muscle and bone health together.**