

# **Your Menopause Metabolic Health Checklist**

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## **Most women are told menopause is about:**

- Hot flashes
- Mood swings
- Weight gain

## **But the biggest health risks that begin when estrogen declines are:**

- Heart disease
- Insulin resistance
- Loss of muscle mass
- Bone loss
- Increased visceral fat
- Higher blood pressure
- Rising LDL & ApoB
- Cognitive decline

**Check any that apply to you:**

## **Body Composition**

- Weight gain despite eating the same
- Belly fat that wasn't there before
- Loss of muscle tone
- Clothes fitting tighter at the waist
- Loss of strength
- Difficulty building muscle

## **Metabolic Health**

- Fasting glucose rising
- HbA1c  $\geq 5.7\%$
- Elevated triglycerides
- TG:HDL  $> 2$
- Increased waist circumference
- Fatigue after meals
- Cravings for carbohydrates

## **Cardiovascular Risk**

- Blood pressure rising
- LDL increasing
- ApoB elevated
- CAC > 0
- Family history of early heart disease
- Less exercise tolerance

## **Bone & Muscle**

- Height loss
- Back pain
- Osteopenia
- Low grip strength
- Reduced balance
- Prior fracture

## **Brain & Sleep**

- Brain fog
- Forgetfulness
- Poor sleep
- Waking at 3am
- Mood changes
- Anxiety

## **What Your Results May Mean**

If you checked 3 or more in any category, you may already be experiencing the metabolic effects of estrogen decline.

## **Why This Matters**

Menopause is not just about symptoms. It is about long-term cardiometabolic health including:

- Heart disease
- Insulin resistance
- Bone loss
- Muscle loss
- Cognitive decline

## **Next Steps**

If you'd like a deeper evaluation of your metabolic and hormonal health, you can schedule a Precision Metabolic Consultation.