



Alleviate Menopausal Symptoms by Lifestyle Changes

Maithili A Athavale*

Assistant General Manager (R&D), Cancer Biology Lab, (A Unit of Godavari Biorefineries Ltd.), MIDC Mahape, Navi Mumbai, India

***Corresponding Author:** Maithili A Athavale, Assistant General Manager (R&D), Cancer Biology Lab, (A Unit of Godavari Biorefineries Ltd.), MIDC Mahape, Navi Mumbai, India.

Received: December 27, 2024

Published: December 31, 2024

© All rights are reserved by **Maithili A Athavale.**

Menopause refers to the absence of menstrual cycle and in a woman's life it occurs in the late 40's or early 50's.

Menopause involves the decline in the production of Estrogen and Progesteron. This tremendous drop in the hormone levels can cause many menopausal symptoms like.

Sleep problems, night sweats, hot flashes and mood swings. Risk of osteoporosis also increases during this stage. Every woman experiences different symptoms.

However, these symptoms can be controlled by implementing simple lifestyle changes, such as:

- Eating at regular times each day. Avoid skipping meals. Eat a healthy diet low in fats and carbohydrates but containing more protein, fruits and vegetables. Drink Milk regularly as it contains tryptophan which helps in inducing sleep. Avoid coffee, colas with caffeine and energy drinks completely. Sugary foods should be avoided especially at night as it can trigger hot flashes, night sweats and mood changes.
- Exercise regularly and maintain a moderate weight.
- Eat foods that are high in Phytoestrogens which includes foods such as sesame seeds, soybean, flaxseeds.
- Drink a lot of water (at least 8-12 glasses per day).

- Enjoy spending time with family and friends and engage yourself in some hobby. This releases "feel-good" hormones like Dopamine, Serotonin, Endorphins and Oxytocin, this helps in brightening up the mood and improves overall health.

These simple lifestyle changes can help alleviate many menopausal symptoms.