

410 – Thriving in the Menopause

With Steven Bruce and Wanda Soddu

General Overview

Interview Summary: The interview covers the topic of perimenopausal care, with a focus on the role of nutrition and dietetics in managing the symptoms and health concerns associated with this stage of life. The interviewee, Wanda, is a registered dietician with expertise in perimenopause and falls prevention.

Interviewee Background: Wanda is a registered dietician with a particular interest in perimenopause care. She has also co-chairs the British Dietetic Association's subgroup on falls prevention. Wanda has a background in working in the city before transitioning to a career in dietetics.

Key Points

- Nutrition and diet play a key role in managing perimenopause symptoms, alongside other lifestyle factors and potential use of hormone replacement therapy (HRT).
- Dietitians are trained to provide holistic care, looking at the patient's overall health and symptoms to provide tailored nutritional advice.
- Perimenopause can impact muscle mass, bone health, and risk of falls, which dietitians can help address through nutritional interventions.
- Specific dietary recommendations include ensuring adequate intake of protein, fibre, vitamin D, and hydration. <https://www.rev.com/app/transcript/NjdhMGNiMzEzY2E5NzRlMmVmYzQ0ZmFmSVNDTnNDZ05OVEhz/o/VEMwMjk1NjU5Mzc3?ts=1928.05>
- Fermented foods and certain supplements like vitamin D may be beneficial, but should be approached cautiously and individually.
- Keto and other restrictive diets may not be appropriate for perimenopause without clinical supervision.

Detailed Insights

Main Arguments

1. Nutrition and diet are crucial components of perimenopause care, working alongside other interventions like HRT

2. Dietitians take a holistic, patient-centered approach, considering the individual's overall health and symptoms
3. Perimenopause can impact muscle mass, bone health, and fall risk, which dietitians can help address.

Supporting Evidence

- Estrogen receptors are present throughout the body, so hormonal changes during perimenopause can impact various systems.
- Restrictive diets like keto may not be appropriate without clinical supervision.
- Specific dietary recommendations include adequate protein, fiber, vitamin D, and hydration.

Themes and Trends

Recurring Themes

- The importance of a holistic, multidisciplinary approach to perimenopause care.
- The role of nutrition and diet in managing perimenopause symptoms and related health concerns.
- The need for individualized care and consideration of the patient's overall health status.

Emerging Trends

- Increased awareness and research around the impact of perimenopause on muscle mass, bone health, and fall risk.
- Growing interest in the use of supplements and alternative therapies for perimenopause, though more research is needed.