**Monday 18th October is**

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**WORLD MENOPAUSE DAY**

**and the focus is on**

**‘Bone Health’**

<https://www.imsociety.org/wp-content/uploads/2021/10/WMD-2021-English-leaflet.pdf>

There is no doubt Menopause is something of a puzzle

Bone is what we call a ‘reactive tissue’ It is constantly being made and remodelled which means it’s re-absorbed and replaced with new bone. We replace our entire skeleton about every 10 years.

Oestrogen, the main female reproductive hormone is a major player in bone formation; the time of most rapid bone loss starts approximately one year before the final menstrual period.

A woman’s experience of menopausal symptoms is personal and individual

What we do know is that you will benefit from

* lots of sleep,
* a good diet
* and exercise.

Physiotherapists, as movement experts are well placed to advise you on the best exercise programmes for this period of your life and particularly around maintaining a healthy bony skeleton.

There may also be other symptoms which act as a barrier to exercise such as symptoms of leakage from the bladder when you exercise or a feeling of heaviness in the vagina. The physiotherapist specialising in pelvic health can help and advise you

The three main components of exercise for bone health (and many other aspects of health) are:

* Resistance training for your muscles

When we contract muscles, they pull on our bones and we know this is very good for healthy bones.

* Plyometric exercise or exercises which increase speed, endurance, and strength, will also help your bones.
* exercises which improve your balance are important as it helps to prevent you from falling and hurting your bones

Starting with small steps the physiotherapist can advise you on a programme of safe exercises.

or ask your GP if you can be referred to a physiotherapist at your local hospital or GP practice

Checkout our Physiotherapy directory to find a pelvic health physiotherapist in your area at

<https://thepogp.co.uk/patients/physiotherapists/>

Further information about the Menopause can be found on the POGP website

<https://thepogp.co.uk/patient_information/womens_health/menopause.aspx>

[World menopause infographic](https://thepogp.co.uk/_userfiles/pages/images/world_menopause_day_2_0.png)