

# EXERCISE MEDICINE FOR WOMEN 40+

A personalised exercise medicine prescription can help prevent, treat and manage the symptoms and side effects of menopause.

**Chronic Care Australia** (CCA) has created a world-leading, 12-week exercise therapy program for people who are experiencing perimenopause and menopause symptoms. This game-changing initiative has been proven to improve the mental and physical health of those who are undergoing hormonal fluctuations that occur in the decade between 40 to 50 years of age.

## There is proven help available

Despite not formally being chronic conditions, perimenopause and menopause can have a remarkable impact on mental and physical health, and change the trajectory of a female's quality of life significantly.

Furthermore, the onset of these debilitating symptoms often begins from about 40 years of age (excluding early onset, surgical and medically-induced menopause).

CCA recommends being proactive (from the age of 40+) and booking regular consultations with your healthcare provider or specialist to evaluate and monitor key health indicators, including: hormone and blood sugar levels, cardiovascular complications, bone density, sleep quality, metabolic issues, sexual function and mental health.

## The impact of hormone changes on female health

### POST MENOPAUSE

**Heart disease:** During menopause, women experience changes to their sex hormones, fat distribution and lipid metabolism. This puts them at greater risk of developing high blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels, which can increase their risk of cardiovascular disease.

Women who enter menopause at age 45 or younger (early onset menopause) have a higher risk of cardiovascular disease.

**Increase in soft tissue injury and osteoporosis:** Frozen shoulder, Achilles tendinopathy and general joint pain can all be linked to hormonal changes. Females and older people are more likely to have chronic musculoskeletal conditions.

NHS figures from 2017-18 show that females were 1.2 times as likely to have a musculoskeletal condition and more than 4 times as likely to have osteoporosis than males.

Overall, females were 1.5 times as likely to have arthritis, compared with males.

## Take action today. Embrace the power of personalised exercise medicine prescriptions

Registrations are now open for CCA's 12-week exercise medicine program to improve the mental and physical health, and overall whole-person care, of those impacted by or experiencing perimenopause and menopause symptoms.

Please scan the QR Code for more information and to register.

\* 12-week program prices vary depending on frequency.

Costs start at \$75 per week.

Private health & Medicare rebates apply.



## PEOPLE WHO PARTICIPATED IN CHRONIC CARE AUSTRALIA'S 12-WEEK EXERCISE MEDICINE FOR MENOPAUSE PROGRAM REPORTED THE FOLLOWING IMPROVEMENTS AFTER 4 WEEKS:



Vasomotor  
(hot flushes)  
**REDUCED  
BY 86%**



Psychological  
(poor memory,  
impatience,  
poor sleep)  
**REDUCED  
BY 52%**



Physical  
(pain, fatigue,  
muscle aches)  
**REDUCED  
BY 55%**



Sexual  
Function  
(arousal,  
desire and  
comfort)  
**INCREASED  
BY 59%**



Anxiety  
Symptoms  
**REDUCED  
BY 66%**



Depression  
Symptoms  
**REDUCED  
BY 70%**



Reducing the burden of chronic conditions so all Australians can live well for longer.

Purpose-Built Facilities — Cottesloe Medical Centre, 525 Stirling Hwy Cottesloe WA 6011

+ (08) 9385 1430 + [chroniccare.com.au](http://chroniccare.com.au) + Virtual Clinic access available

# The ultimate exercise prescription for women who are 40+

**Q: What is the best exercise for perimenopause and menopause?**

**A:** Strength training.

**Q: Why?**

**A:** Research has shown that specific strength training exercise prescriptions help support heart health, endocrine function, bone health and mental health. Strength training also boosts your immune system.

Furthermore, strength training reduces inflammation and protects people from developing conditions like sarcopenia (the age-related loss of skeletal muscle mass and strength) and soft tissue injuries.

**Q: How much strength training do I need to do?**

**A:** World Health Organization guidelines suggest strength training 2 to 3 times per week for 30 to 45 minutes at a time, with progressive load increments that offer significant positive challenges. This type of load will increase lean muscle mass and improve health outcomes.

Please note: Truly efficacious exercise medicine varies from person to person and obtaining the guidance/supervision of exercise physiologists is highly recommended. Chronic Care Australia's clinically proven exercise medicine program is supervised by qualified exercise physiologists to improve the mental and physical health, and overall whole person healthcare, of those with menopause symptoms.

# One in two post menopausal women will develop osteoporosis\*

Supervised high-intensity resistance and impact training, specifically targeting bone health, has been shown to decrease the risk of osteoporotic fractures in women who have gone through menopause.

Females are more than 4 times as likely to have osteoporosis than males. This risk increases post menopause.

Research indicates that specific exercises play a crucial role in enhancing bone health.

**ONERO™**, is an evidence-based program designed by Professor Belinda Beck, from Griffith University and The Bone Clinic in Queensland. It has been heavily researched and we are proud to bring this program to Perth.

Chronic Care Australia is licensed to deliver ONERO™ to our clients who have, or are susceptible to developing, osteoporosis.

What sets ONERO™ apart is its flexibility; it doesn't require exercising five days a week. Studies demonstrate that exercising just twice a week effectively enhances bone density, strengthens muscles, and reduces the likelihood of falls. Notably, the foundational research supporting ONERO™ revealed substantial benefits and increases of up to 6% in bone mineral density (BMD) scores.

\*Sources: [www.endocrine.org](http://www.endocrine.org), [www.healthybonesaustralia.org.au](http://www.healthybonesaustralia.org.au), [onero.academy](http://onero.academy)

Please contact Chronic Care Australia to book a FREE 10-minute Osteoporosis Consultation with one of our exercise physiologists.



## IS IT JUST ME, OR IS IT MENOPAUSE?

CCA invites you to book in for a free 10-minute consultation with one of our exercise physiologists to evaluate and discuss personalised exercise medicine options. Please call us on 9385 1430 or email: [admin@chroniccare.com.au](mailto:admin@chroniccare.com.au) to book your complimentary appointment.



### What happens next?

1. You will receive an email asking you to complete clinical menopause and personal health assessment forms in advance of meeting with the exercise physiologist.
2. The exercise physiologist will interpret the results with you and establish priorities during the initial 10-minute consultation.
3. Personalised exercise medicine will be prescribed during follow-up visits to CCA.
4. Your progress will be monitored and managed every four weeks.

**Referring GPs and Healthcare Specialists: Please use the eReferral**

<https://chroniccare.com.au/gpreferral>

