

July 2020 Newsletter



Menopause – More Than Just Hot Flashes

5 Tips to Help Ease Bothersome Symptoms and Stay Healthy

Every woman experiences menopause, and MS, differently. Frequently the symptoms for each overlap and can be unpleasant. There is evidence that the hormone changes caused by menopause may make MS symptoms worse and speed disease progression. Here are some ways to make life a little easier.

1. Too Hot? – Wear light layers of clothing that can be removed, as necessary. Using a small portable fan, cooling spray or a [cooling vest](#) may help. Drink plenty of cool water and try to avoid triggers for hot flashes, such as caffeine, alcohol, smoking, and spicy foods.



2. Healthy eating helps – Eating a diet rich in fiber and including lots of [green vegetables](#) can make a big difference, as can consuming a least [1,500 milligrams of calcium](#) a day. Watch portion sizes and add soy and flax to your diet – both are [natural estrogen replacements](#) and packed with nutrition.



3. A little sweat is a good thing – Regular exercise may serve to increase energy levels, as well as reduce stress, depression, and anxiety. Relaxation techniques such as yoga or meditation may also help in this regard. Reduce the risk of osteoporosis after menopause by staying active and doing weight-bearing and resistance exercises. Eating healthy and getting enough sunlight are also good strategies to keep bones strong.



4. Natural remedies may do the trick – Many women use [St. John's wort](#), [black cohosh](#), [ginkgo biloba](#), or [evening primrose oil](#) to treat the symptoms of menopause. However, it's important for people with MS to first consult with their healthcare team before taking nutritional supplements to avoid any potential harmful effects or interactions with other medications.



5. Encourage, lift, and strengthen one another – For those struggling with depression, seek support when necessary, whether it be counseling, joining a support group or something as simple as a phone call or lunch with friends.

