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ask the expert



Menopause and Heart Disease

Interview with Chrisandra Shufelt, M.D.

Assistant Director of the Women's Heart Center at the [Cedars-Sinai Heart Institute](#)

Question: How can women approaching or experiencing menopause protect themselves from heart disease?

Chrisandra Shufelt, M.D.: The best protection is in knowing your heart health numbers. By that I mean you should know your blood pressure, LDL and HDL cholesterol, weight, body mass index (BMI) and fasting blood sugar level. If your numbers are out of whack, see your doctor, start exercising, change your eating habits, lose weight if you need to and stop smoking. You also need to be aware of your family medical history. Women who have a first-degree relative diagnosed with heart disease at an early age are at an increased risk of developing heart disease themselves. Heart disease is the number one killer of women so the first step in preventing it is to know your numbers.

Question: Does a woman's heart disease risk increase during menopause?

Dr. Shufelt: One in seven premenopausal women die of heart disease compared to one in three postmenopausal women. We know that blood cholesterol levels can often change for the worse within six months to a year from the onset of menopause, which on average is the age of 51. The risk of high blood pressure triples with menopause; after the age of 55, more women have high blood pressure.



Wow! Eight women lost over 100 pounds in just eight weeks doing *The Menopause Makeover*. Incredible success stories are rolling in three months after the book release. Our online [Menopause Makeover forum](#) has achieved amazing results. Your victories inspire others to take charge of their menopause experience. Keep emailing your Menopause Makeover victories - I love hearing from YOU.

[Buy The Menopause Makeover TODAY](#)



[Click here to read Dr. Shufelt's interview ...](#)

in the news

FRAX®: A New Tool for Assessing Fracture Risk

Postmenopausal osteoporosis is a skeletal disorder in which bone strength has weakened to a point that bone is fragile and at higher risk of fracture. Women undergo a rapid bone loss around the time of menopause due to hormonal changes. This bone loss slows down during the postmenopausal years, but does not stop completely. One in two women over age 50 will have an osteoporosis-related fracture in her lifetime.

Now there is a new Fracture Risk Assessment Tool (FRAX®) for evaluating fracture risk. FRAX was developed by the [World Health Organization](#) to evaluate a patient's 10-year probability of hip fracture and major osteoporotic fracture (clinical spine, forearm, hip, or shoulder fracture). Previously, clinicians could only estimate a 5-year fracture risk.

The **assessment is available online**. Choose Calculation Tool and select the appropriate category. [Click here](#) for the FRAX fracture risk assessment tool.

The **North American Menopause Society** provides additional information, [click here ...](#)

contest



Win a FREE copy of [The Menopause Makeover](#) and a FREE [myPause](#) iPhone app to track your symptoms.

Enter to win today! One lucky winner will be randomly selected on June 10th.

[Click here to WIN....](#)

free health calculator

FREE full body analysis! Calculate your BMI, waist to hip ratio, ideal weight, body fat, lean body mass, resting metabolism, average actual metabolism and target heart rate.

Kick-start your Menopause Makeover with calculations you

Heart disease is the number ONE killer of women today. This month is dedicated to heart health during menopause. Dr. Chrisandra Shufelt, assistant director of the Women's Heart Center at the Cedars-Sinai Heart Institute, shares valuable information about heart disease during menopause. This information can change your life - it did for me! Menopause is the perfect time to build a strong relationship with your doctor to address your health today and prepare for a healthy future.

If you are feeling stressed out from too many emails, Facebook comments, and Twitters read my latest social media de-stressing article on [The Huffington Post](#). I made a startling discovery that can bring relief from technology overload. Finding ways to de-stress during menopause is important. [Click here](#) and share your comments about social media causing stress.

One in two women over age 50 will have an osteoporosis-related fracture in her lifetime. There is a new online tool for assessing fracture risk. Empower yourself

can use to set goals and track progress.

[Click here for your full body analysis ...](#)

check it out



Dr. Wendy Klein on CBS6 "What you need to know about menopause!" [Click here](#) to see her interview.



Stanness on The Today Show with Kathy Lee & Hoda, joined by Dr. Hilda Hutcherson. "Surviving Menopause with a Makeover." [Click here](#) to see the interview.

let's go shopping



The Menopause Makeover endorses a strong patient healthcare provider relationship. The myPause iphone app gives you a tool right at your fingertips to record and track your menopause symptoms. Then just email this journal to your healthcare provider before your next visit.

It is easy to use, and will assist you and your clinician in developing a treatment plan based on your symptoms. Every woman over 40 should own this app!



myPause is Menopause Makeover approved!

Knowledge is power and myPause is a power tool you can use!

[Click here to buy myPause ...](#)

and take a few minutes to do this important calculation.

Co-author, Dr. Wendy Klein, appeared on CBS6 to discuss menopause. A very informative interview.

To celebrate the incredible Menopause Makeover success stories, we are running another WIN a FREE copy of [The Menopause Makeover](#), and a free myPause iphone app to track menopause symptoms. Hurry, enter today.

Take a full body analysis with the [Menopause Makeover Health Calculators](#). Calculating your BMI, waist to hip, ideal weight, body fat, lean body mass and target heart rate is a great way to start your Menopause Makeover.

Join the FUN, become a Menopause Makeover FAN on [Facebook!](#)

Take care of your heart during menopause!

Happy hugs,

Stanness

The Menopause Makeover



Become a Menopause Makeover FAN on [FACEBOOK](#) it is great fun, loaded with daily tips and inspiration.

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