


# Strong & Stunning: A Millennial Woman's Guide to Your Best and Healthy Self


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## Disclosures

None



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## Objectives



- Discuss common health concerns in women aged 30-45
- List commonly recommended screenings for addressing common health complaints in women aged 30-45
- Outline effective treatment options and preventative measures for managing common health concerns in women aged 30-45
- Discuss physical and emotional changes experienced by women and ways to manage these transitions.

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## Common Health Concerns in Women aged 30-45

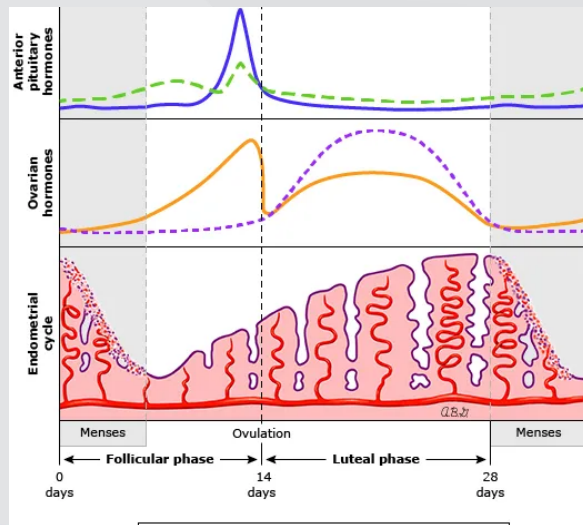


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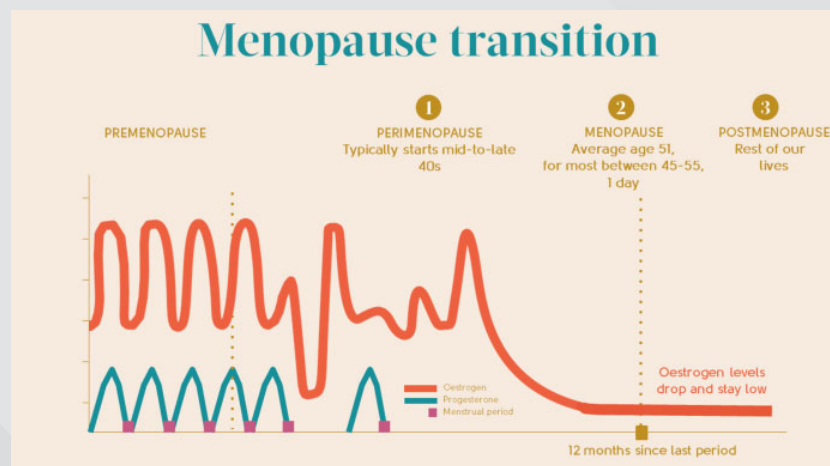
## Should I get my hormones checked?

- If you are having regular cycles, the short answer is probably not and here's why
- Normal cycle length 21-35 days
- The average age of menopause is 51-52
- Menopausal transition (perimenopause) average age of onset is 47



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## Menopausal transition



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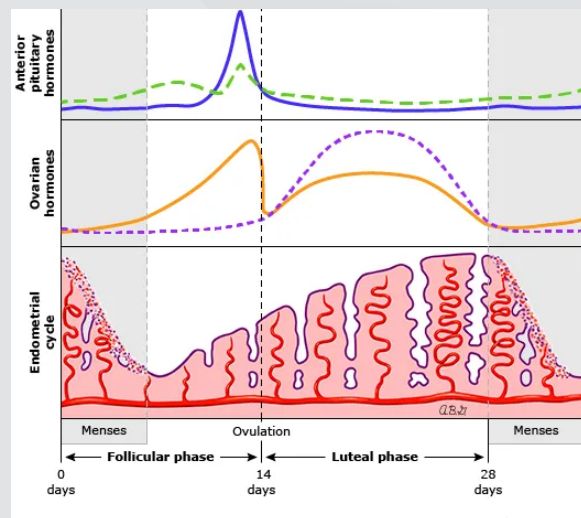
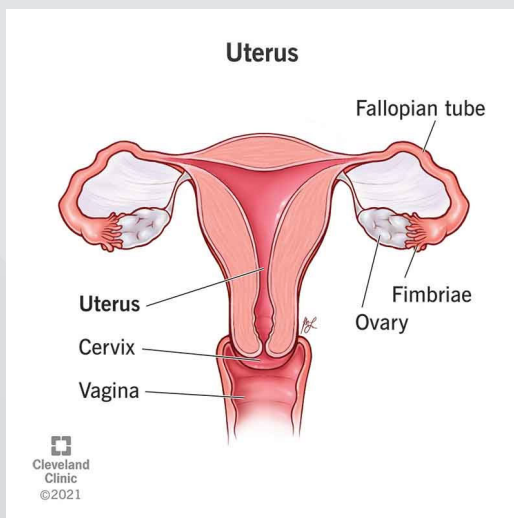
## Hormones and other labs that your OBGYN may suggest you have tested



- Thyroid stimulating hormone, FT4
- Complete blood count
- Vitamin D
- Vitamin B12/Folate
- Iron panel/ferritin

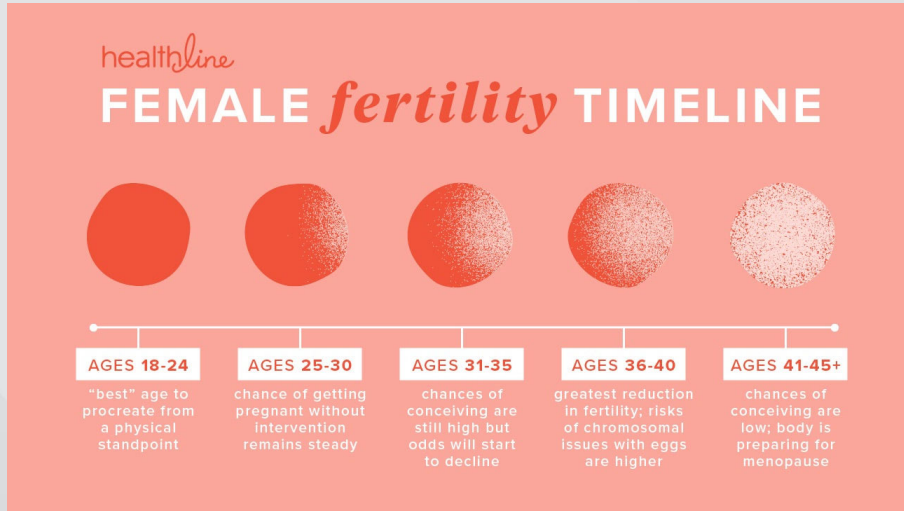
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## Why do I need birth control if I have had a tubal?



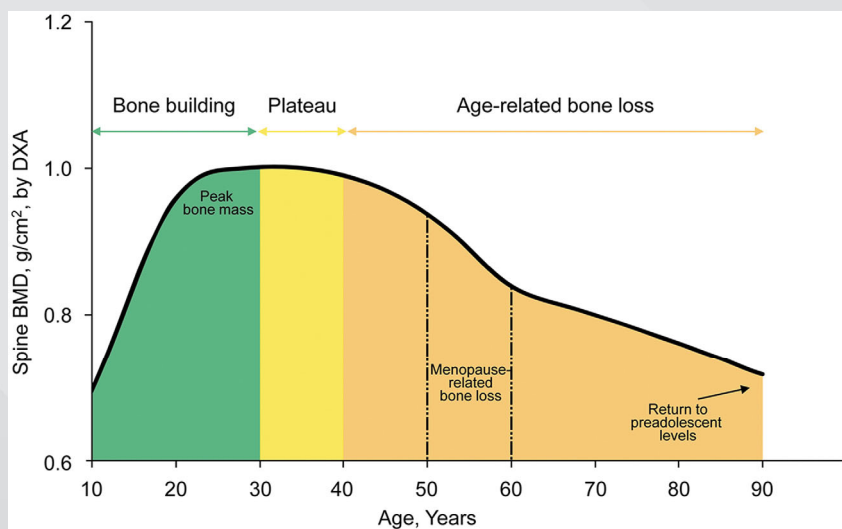
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# Reproductive Health



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# Bone Health



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## Mental health



- Rising stress levels, career pressures, family demands and potential burnout contribute to an increase in anxiety and depression.
- It is important to tease out if the above are contributing towards your fatigue.
- Sometimes it isn't your hormones that are out of range— it's your stressors causing anxiety and depression that are making you feel that way.

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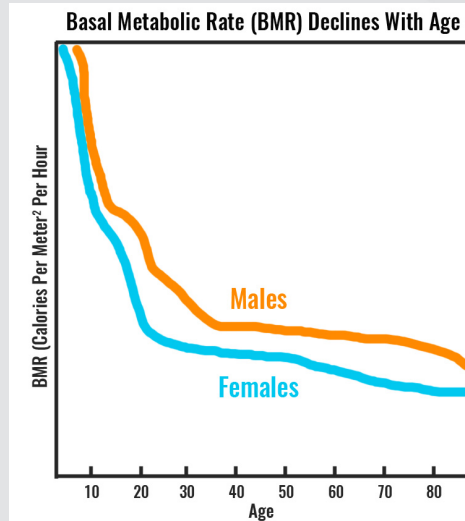
## Cardiovascular health



- Increase in stress levels and increase cardiovascular events
- Stress can lead to high blood pressure and high cholesterol
- Both of which can lead to heart disease which is the leading cause of death in women

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## Metabolic health



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## Screening Recommendations in women aged 30-45

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## Recommended Screenings for Women Aged 30-45



### Screening labs

- Hgb A1c - Adults aged 35-70 y/o who are overweight or obese every 3 years
- Lipid (Cholesterol) panel >45 y/o every 5 years (low CV score), 20-45 with high CV score

### Colon cancer screening

- Ages 45-75
  - Cologard every 3 years
- Colonoscopy every 10 years
- CT colonography or flexible sigmoidoscopy every 5 years

### Breast cancer screening (mammography)

- ACOG: Annually starting at age 40 through 75 <40 with family history or genetic mutation
- USPTF: Biannual starting at age 50 through 74 (changing soon)
- Clinical breast exam yearly

### Anxiety and depression screening

- Annually

### Weight loss

- Offer or refer patients with BMI of 30 or higher to weight loss programs/medications

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## Recommended Screenings for Women Aged 30-45



### Osteoporosis screening

- <65 y/o who are at increased risk as determined by a clinical risk assessment tool such as FRAX tool, osteoporosis risk assessment instrument (ORAI), osteoporosis index of risk (OSIRIS)
  - Frax is commonly used and looks at 10-year risk of fracture
  - Those at risk – early menopause, history of high risk fracture
- All women >65 y/o
- DEXA scan every 2 years

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## Recommended Screenings for Women Aged 30-45



### STI screening

- Gonorrhea and chlamydia testing in all sexually active patients <24 y/o, >25 if at risk
- HIV screening at least once in a lifetime or annually if at risk
- Hep C testing – at least once in a lifetime in all patients over 18 y/o

### Tobacco screening

- All adults
- Provide cessation techniques

### High blood pressure

- Every two years if blood pressure is normal (<120/80), yearly if elevated.

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## Recommended Screenings for Women Aged 30-45



### Immunizations

- Flu and COVID annually
- TDAP every 10 years
- HPV both male and female ages 11-45
- Zoster (Shingles) age >50 y/o or younger if risk factors, 2 doses
- Pneumococcal > 65 y/o or younger with risk factors
- RSV >60, pregnant patients with gestational age 32 weeks 0 days to 36 weeks 6 days who will deliver during RSV season (September through January although can be extended)

### Pap smear guidelines

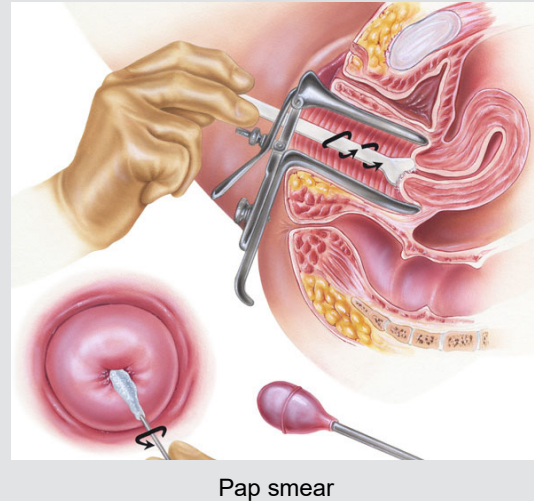
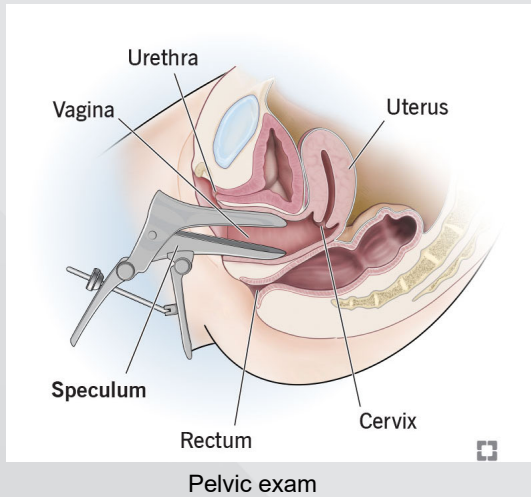
- Ages 21-24 cytology only every 3 years
- Ages 25-29 cytology with reflex HPV every 3 years
- Ages 30-65 cytology with HPV every 5 years

### Pelvic exam

- Pelvic exams yearly

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## What is the different between a pap smear and a pelvic exam?



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## Treatment Options for Managing Common Health Concerns in Women Aged 30-45

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## Treatments for abnormal uterine bleeding and heavy menstrual bleeding



- Non-hormonal (heavy menstrual bleeding)
  - NSAIDs – scheduled Ibuprofen 800 mg every hours 1-2 days prior to the start of menstrual cycle through cycle day 2
  - Tranexamic acid (Lysteda) - works by decreasing breakdown of clotting mechanisms
- Hormonal
  - Combined oral contraceptive pills, progesterone only pills, Depo Provera, Nexplanon, Mirena or Liletta TUD, Depo Lupron, Myfembree
- Surgical
  - Hysteroscopy with dilation and curettage or polypectomy/myomectomy, Endometrial ablation or hysterectomy
- Other
  - Uterine artery embolization with interventional radiology

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## Fatigue



- Depends on the cause
- Hypothyroidism – Synthroid supplementation
- Vitamin deficiencies – replacement of vitamins
- Exercise

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## Mental Health Support



- Therapy
  - There are different modalities out there.
  - Cognitive behavioral therapy (CBT) is helpful for stress and anxiety
  - Some women prefer to meet with a therapist and discuss their stressors. Others prefer support groups
- Medications
  - SSRIs (Zoloft, Lexapro, etc) for anxiety/depression
  - SNRIs (Effexor, Cymbalta)
  - Wellbutrin
- Best outcomes have been shown when therapy is used in conjunction with medications

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## Fertility



- Have an open discussion with your provider they can often navigate treatment
- Options
  - Oocyte preservation
  - Ovulation induction
  - Referral to reproductive infertility and endocrinology
    - IUI
    - IVF
- Fertility struggles can be tough mentally. Don't hesitate to reach out about needing support groups or mental health treatment

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## Bone Health and Heart Disease



- Bone Health
  - Maintain health body weight
  - Resistance/body weight exercises
  - Calcium and Vitamin D supplementation if they are not met with your diet
- Heart Disease prevention
  - Cholesterol screening per guidelines and treatment, if necessary, with a Statin
  - Evaluate for high blood pressure and treatment if meets requirements

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## Preventative Measures for Managing Health Concerns



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## Preventative Measures for Managing Health Concerns



- Health Eating:
  - Focus on a balanced diet: lean proteins, healthy fats (omega-3s), fiber-rich carbs, fruits and vegetable
  - Limit sugar and processed foods to prevent weight gain and reduce cancer/heart disease risk
- Exercise
  - Aim for at least 150 minutes of moderate exercise per week
  - Strength training 2-3 times per week to support muscle mass and bone health

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## Preventative Measures for Managing Health Concerns



- Mental wellness
  - Incorporate stress-reducing practices such as mindfulness, journaling or yoga
  - Stay connected with friends, family, and support networks
- Sleep Hygiene
  - Prioritize 7-9 hours of sleep each night
- Regular Check-ups
  - Schedule annual exams, including gynecologic visits
  - Stay on top of screening blood work

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# Physical and Emotional Changes in Women Aged 30-45



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## Hormonal Changes



- Menopausal transition
  - Again, typically occurs in mid to late 40s.
  - Can see estrogen levels fluctuate due to decreased ovarian function readying the body for menopause
  - This can cause mood swings, hot flashes, night sweats and vaginal dryness.
  - No typically seen before mid-40s, so if experiencing these symptoms may be due to another cause such as thyroid disease, stress, anxiety or depression.

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## Emotional Transitions



- Becoming a new mother
  - This can bring significant change to a woman's life whether they are struggling with infertility or becoming a new mom.
  - It's hard and worth talking about. You are not alone.
- Change in careers or promotion
- Juggling work-life balance
- Juggling work and child responsibilities with trying to maintain a relationship with your partner

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## Body Image



- As we age, our metabolism slows down and weight gain is a common concern especially around the midsection.
- There is also loss of muscle tone
- Skin and hair changes are also common
  - Skin loses its elasticity leading to wrinkles or fine lines
  - Hair thinning and loss are common

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## Managing Physical Transitions



- Diet and Nutrition
  - Eat a well-balanced diet
  - Incorporate food rich in omega-3 fatty acids for heart health
- Exercise
  - Strength Training and cardiovascular exercise
  - Mind-body practices such as yoga and pilates to help decrease stress and promote flexibility
- Supplements
  - Magnesium and B-complex vitamins may improve mood and energy especially if deficient
  - Vitamin D and calcium for bone health

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## Managing Emotional Health and Stress



- Mind-Body Practices
  - Mindfulness meditation, deep breathing exercises, and progressive muscle relaxation can help reduce stress and improve mood
- Emotional Wellness
  - Set realistic expectations and boundaries at work and in personal life to prevent burnout
  - Build a self-care routine
- Therapy and counseling
  - Therapy can help manage stress, anxiety or depression. There are also many different types of therapy including sex therapy
  - Support groups (online and in-person) - offers a sense of community and shared experience

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## Key Takeaways



- Common health concerns for women in the 30s and 40s involve hormonal, reproductive, bone, mental and cardiovascular health.
- Regular screenings, healthy lifestyle choices and preventative measures can empower you to stay healthy and strong.
- Managing transitions – both physical and emotional – is crucial for long-term health.

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# Questions?

