



Planning for Menopause- Deliberate Health and Wellbeing Optimization for Midlife and Beyond

Joanna Puciata

IAHC, INHC, CGP, Amare Vita Institute, Vancouver, CA

Abstract:

Menopause is the permanent cessation of menses for 12 months resulting from estrogen deficiency and is not associated with a pathology. The median age of menopause is 51. Most women experience vasomotor symptoms, but menopause affects many other areas of the body such as urogenital, psychogenic, and cardiovascular. Women are living longer, and are spending up to one-third of their lives in post-menopause.

In the United States, approximately 1.3 million women become menopausal each year. It typically begins between the ages of 51 and 52, similar to Japan. However, about 5% of women experience early menopause between the ages of 40 and 45.

While most efforts go into menopause related symptom management, planning for it a decade earlier and focusing on prevention of exuberated physical and emotional menopausal symptoms like hot flashes, severe mood changes, night sweats, trouble sleeping and developing a healthy emotional resilience, and acceptance of changes with an optimistic attitude, are essential measures for improvement of overall wellbeing during midlife and beyond, during decades to come.

Menopause planning should focus on creating solid life principles and healthy habits for stronger body and mind, addressing existing lifestyle related health issues through lifestyle, dietary and emotional modifications, developing coping skills and emotional support tools, finding and maintaining supportive friendships, creating lite goals for decades to come, and getting educated in fundamental concerns of meno and postmenopausal stages for early intervention and preventative measures, including health screenings and bio identical hormone replacement therapy.



Biography

Joanna Puciata is a co-founder of Amare Vita Institute, an online mentorship platform for individuals and health practitioners. She is a Life and Integrative Health Coach and Mentor to a global community of people from all walks of life specializing in lifelong wellbeing and prevention of lifestyle and emotional diseases. She is a Licensed Teacher at the Institute for Integrative Nutrition, Certified Gluten Free Practitioner, Author, Satori Flow QiGong Instructor and holds a BA in marketing.

Joanna's mission is to encourage you to meet your needs, to take good care, grow intellectually, spiritually, emotionally, develop strength and vitality in the body through movement, breath, mindfulness, life supporting habits, meaningful conversations and engage in restorative, calming and rejuvenating practices and rituals. Her coaching style is educational and highly experiential designed to make you feel good immediately and inspire you to know better so that you can do better throughout all life stages.

Publication of speakers:

1. Hideo Honjo, Mamoru Urabe, Tomoharu Okubo, Noriko Kikuchi Department of Obstetrics and Gynaecology, Kyoto Prefectural University of Medicine, Kyoto, Japan
2. Peacock K, Ketvertis KM. Menopause. [Updated 2020 Apr 27]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK507826/>

Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan

Citation: Joanna Puciata, IAHC, INHC, CGP, Amare Vita Institute, Vancouver, CA, Webinar on Women Health Science and Care, 7 September, 2020, Tokyo, Japan