

Mayo Clinic Minute: Combatting weight gain during menopause.

Menopause marks the end of reproductive years. Fluctuating hormonal levels can lead to a variety of unwanted symptoms, including hot flashes, night sweats and sleep problems.

Another common complaint is weight gain.

Mayo Clinic's Dr. Juliana Kling explains what is behind menopausal weight gain, and what we can do to combat it.

Video	Audio
	If you're a woman going through menopause and finding it harder than ever to maintain a healthy weight, you're not alone.
JULIANA KLING, M.D. WOMEN'S HEALTH CENTER Mayo Clinic	"Menopause is diagnosed clinically and retrospectively as 12 months past the last menstrual cycle. Weight gain is one of the things that many, if not all, of my menopausal patients will share with me that they're experiencing weight gain symptoms. That can be really challenging because your metabolism starts to really decrease around midlife."
	Dr. Kling recommends regular exercise that includes cardiovascular exercise for your heart health. Menopause is the time to lean into those healthy habits.
JULIANA KLING, M.D. WOMEN'S HEALTH CENTER Mayo Clinic	"Typically, those healthy lifestyle habits are going to provide the most success at helping during the menopause transition. In fact, we see pretty good data that weight loss or weight management can be helpful for managing menopause symptoms, so focusing on a healthy diet, on exercise, all of those can help. Exercise can even help with sexual functioning. So recognizing when you're doing those things, you're getting multiple benefits from it."
	For the Mayo Clinic News Network, I'm Marty Velasco Hames.