

Mayo Clinic Minute: Why alcohol and menopause are a dangerous mix

Video	Audio
	When it comes to alcohol, moderation is key to good health, even more so for women trying to minimize symptoms of menopause, according to Mayo Clinic's Dr. Juliana Kling.
Juliana Kling, M.D. Women's Health Center Arizona Mayo Clinic	"A lot of women have different triggers. And for some, alcohol may trigger their symptoms, and so they may naturally avoid it because they notice their hot flashes and night sweats get worse."
	Sleep problems are another common symptom of menopause, and she says alcohol can make it even harder to get a good night's sleep.
	"While many people think, 'Oh, a glass of wine might be nice to make me sleepy,' it just disrupts your sleep, the quality of sleep during the night."
	Dr. Kling advises menopausal women to also consider the connection between alcohol and increasing health risks.
	"Alcohol is associated with a higher risk of breast cancer, also things like colorectal cancer."
	On average, Dr. Kling recommends limiting alcohol intake to no more than one drink per day. And don't go by the size of the glass.
	"And that big glass, you know, you have to measure it out to make sure it's the appropriate portion of alcohol."
	For the Mayo Clinic News Network, I'm Marty Velasco Hames.