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#HerHeartMatters



Minding our
**heart
health**
around **menopause**



**Irish Heart
Foundation**
The National Stroke & Heart Charity



Rialtas na hÉireann
Government of Ireland

Did you know....

1 in 4 women

dies from heart disease
and stroke



Women's risk of heart disease and stroke goes up after menopause because of:



Lower levels of a hormone called oestrogen, which can increase blood pressure and cholesterol



Some menopause symptoms, such as night sweats and poor sleep



Changes in body shape, muscle and fat stores

The good news

Lifestyle changes can prevent **80 per cent** of early heart disease and stroke.



Here are some ideas...

Manage stress

Feeling stressed may lead you to eat healthier foods, smoke more and drink more alcohol. These can all affect your heart.

Take time out for yourself.



Practical tips for managing stress



Exercise regularly, choosing activities you enjoy.



Get out in the fresh air. Spending time in nature boosts your mental health.



Keep regular sleep routines.



Maintain a healthy balanced diet.



Try breathing exercises or meditation.



Stay connected to friends, family and colleagues.



Find ways to relax such as reading, drawing or listening to music.



Try to reduce your screen time.



Visit [stresscontrol.ie](https://www.stresscontrol.ie) and [yourmentalhealth.ie](https://www.yourmentalhealth.ie) for further advice and support.

'Meeting up with friends'

'I meditate, I find a lot of peace in meditation'

'Just reading, I read, I just lose myself in a book'

'Knitting works for me'

Take a moment to think about how you can reduce stress...

Get moving

Try to be active for at least 30 minutes 5 days a week.

Any activity that increases your breathing and heart rate is great. Try cycling, fast walking or swimming.



To keep muscles, bones and joints strong, try to build your strength at least two days a week. Lifting weights, doing Pilates or carrying heavy things all build strength.

Break up long sitting times with 10 minutes of moving around to get your blood flowing and muscles working.



Eat well

Choose **more** fruit and vegetables. Aim to eat fish twice a week.



Try to eat **less** chips, pizza, biscuits and cakes.



Stop smoking



Your risk of heart attack is reduced by half, one year after quitting.

Ask for advice. Freephone the National Smoker's Quitline on **1800 201 203** or visit **www.QUIT.ie**

Drink less alcohol

If you drink alcohol, do not have more than 11 standard drinks a week. Keep some days alcohol free.

Visit **AskAboutAlcohol.ie** for more information.



Pint of beer = 2 standard drinks



Glass of wine (250ml) = 2.5 standard drinks



Shot of spirit (35.5ml) = 1 standard drink



Bottle of wine (750ml) = 7 standard drinks

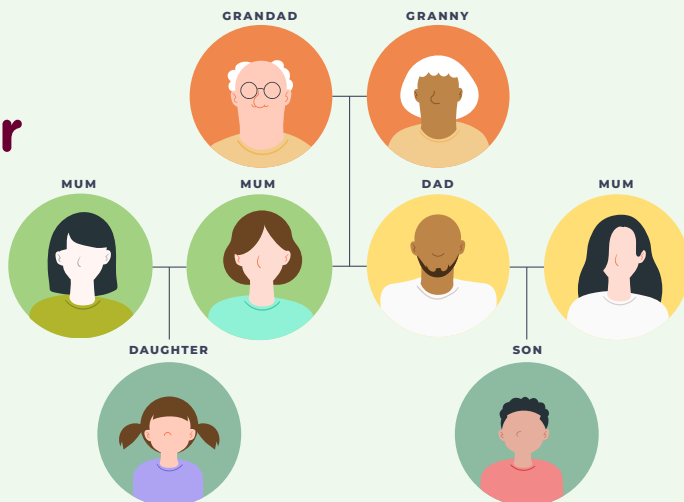
Get to know your GP

If you are over 30, get your blood pressure and cholesterol checked once every 5 years at your GP or local pharmacy. Your GP will assess your overall risk. Follow their advice and take medication as prescribed.



Know your family history

Heart disease and stroke can run in families.



We are here for you



Visit [irisheart.ie](https://www.irisheart.ie) for more information.



Speak to one of our expert nurses by phone on **01 668 5001**.

Monday 9am-5pm **and Tuesday to Friday** 9am-1pm.



Email support@irisheart.ie



irishheart.ie

The Irish Heart Foundation is a community of people who fight to protect the cardiovascular health of everyone in Ireland.

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