

The interconnectedness of:

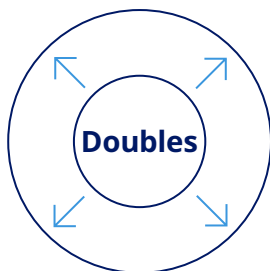
Menopause, Obesity & CVD risk

Patient portrayal



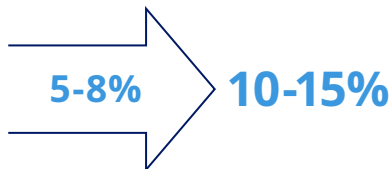
Over **43%** of all menopausal women live with obesity.¹ Of postmenopausal women living with overweight, **23%** of them **lives with obesity**.² Understanding these connections is key to **improving long-term health outcomes**.

The rate of **fat gain** doubles after menopause



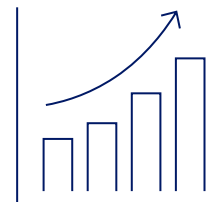
and continues for about **two years** after menopause.³

As **oestrogen levels reduce**, **visceral fat increases**



from **5-8%** of total body weight to **10-15%** of total body weight.⁴

Increased **cardiovascular disease (CVD) risk**, heightened **inflammation** and **oxidative stress**



can occur due to menopause-linked **weight gain** and **metabolic changes**.^{5,6}

Menopause predisposes women to an increased risk of CVD⁶

Menopause-related obesity raises **coronary heart disease (CHD) incidence** by

30%

for every **5 kg/m²** increase in **BMI**.²

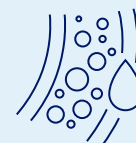
Managing obesity **improves cardiovascular health** by reducing:



Blood pressure⁷



Cholesterol⁷



Triglycerides⁷

Weight management and physical activity may provide significant **health benefits** for menopausal women:

- **Improved** improved insulin sensitivity⁸
- **Improved** urinary incontinence⁹
- **Improved** sleep quality and mood¹⁰



- **Reduced** menopause-related depression, anxiety and self-reported hot flashes^{11,12}
- **Reduced** cardiovascular risk factors¹³
- **Reduced** breast cancer risk¹⁴

Alongside dietary modifications, regular physical activity and behavioural therapy, **pharmacological treatments can play a significant role in achieving and maintaining a healthy weight.**¹⁵

Primary care physicians (PCPs) can play a significant role in **preventing menopause and perimenopause complications**, and improving women's health and wellbeing.



9 out of 10 women

were never educated about menopause.¹⁶

PCPs can help drive awareness of menopause, obesity and CVD risks with their patients.



Menopause-related physiological changes can make long-term weight management challenging.¹

PCPs can support weight management in menopausal women with regular follow-ups to encourage engagement.



IT'S TIME TO TALK ABOUT IT



Patient portrayal

The material is intended for healthcare professionals educational purposes only.

References: 1. Knight MG *et al.* *Menopause* 2021;28(8):960–965. 2. Lambrinoudaki I *et al.* *Maturitas* 2010;66(3):323–326. 3. Greendale GA *et al.* *JCI Insight*. 2019;4(5):e124865. 4. British Menopause Society. Available at: <https://thebms.org.uk/wp-content/uploads/2023/06/19-BMS-TfC-Menopause-Nutrition-and-Weight-Gain-JUNE2023-A.pdf>. 5. Pugliese G *et al.* *Nutrition* 2020;79–80:110991. 6. Kamińska MS *et al.* *J Clin Med*. 2023 Nov 13;12(22):7058. 7. Jensen, MD *et al.* *Circulation* 2014;129(25 suppl 2):S102–S138. 8. Mason C, *et al.* *Am J Prev Med*. 2011 Oct;41(4):366–375. 9. Kolodnyńska G *et al.* *Prz Menopauzalny* 2019;18(1):46–50. 10. Kline CE *et al.* *Int J Obes (Lond)*. 2021 Jan 7;45(3):639–649. 11. Thurston R *et al.* *Menopause* 2015;22(1):59–65. 12. Yue H, *et al.* *Int J Behav Nutr Phys Act*. 2025 Jan 24;22(1):13. 13. AHA Scientific Paper. *Circulation*. 2022;142:e506–e532. 14. Chlebowski R *et al.* *Cancer* 2018;125(2):205–12. 15. Palacios S *et al.* *Climacteric* 2024;27(4):357–363. 16. Harper JC *et al.* *Women's Health* 2022;18:17455057221106890

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