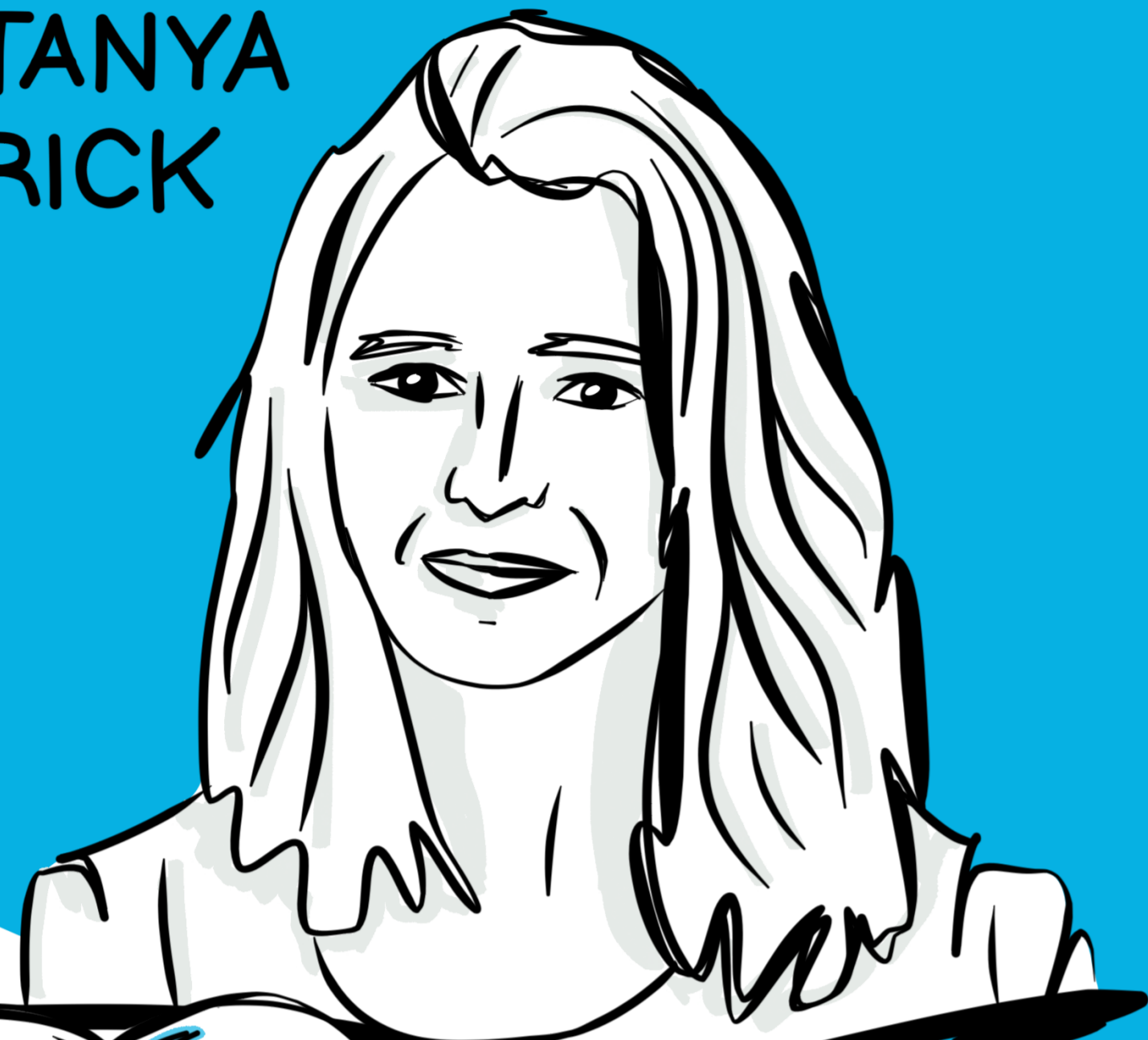


DR TANYA PATRICK



**BODYSHOT PERFORMANCE**  
HEALTHSPAN NOT LIFESPAN

# RAISING AWARENESS OF MENOPAUSE IN THE WORKING WORLD

HAPPY 100<sup>TH</sup>

**FACT**

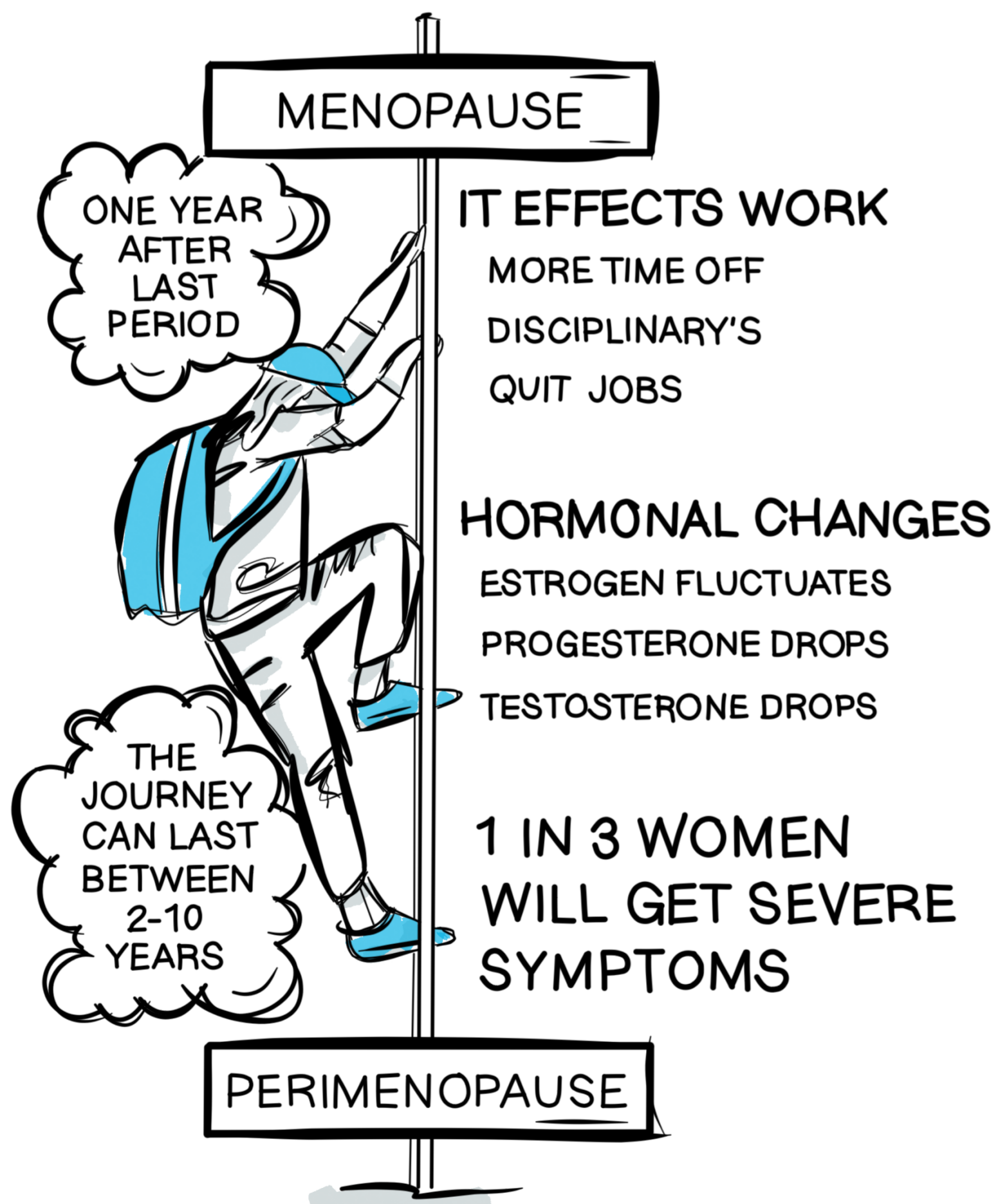
WE'RE LIVING LONGER WITH THE MENOPAUSE AS LIFE EXPECTANCY INCREASES

**FACT**

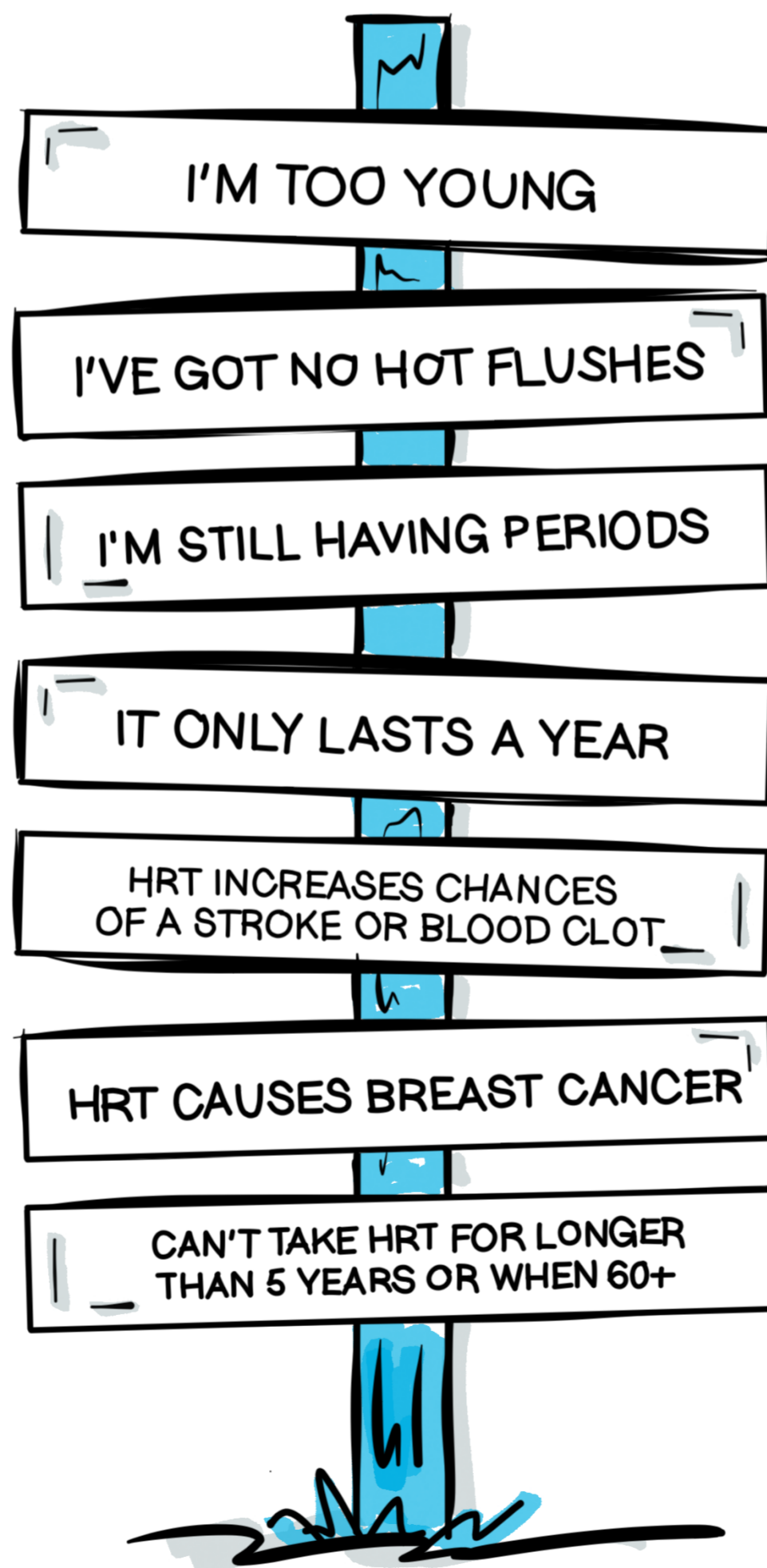
**NATURAL PROCESES**

SIMILAR TO A STROKE, HEART DISEASE, DIABETES

SO WHY TREAT IT ANY DIFFERENT?



## MYTH BUSTING



AAAHHHH WHY NOW?!?

I'VE GOT SO MANY RESPONSIBILITIES

QUALITY OF LIFE

HAVE YOU TRIED HRT?

MY BRAIN SHRINKS AND BONES DETERIORATE

### ALTERNATIVES TO HRT

- REDUCED CAFFEINE
- REGULAR EXERCISE
- REDUCED ALCOHOL
- MEDITATION/CBT
- HEALTHY WEIGHT



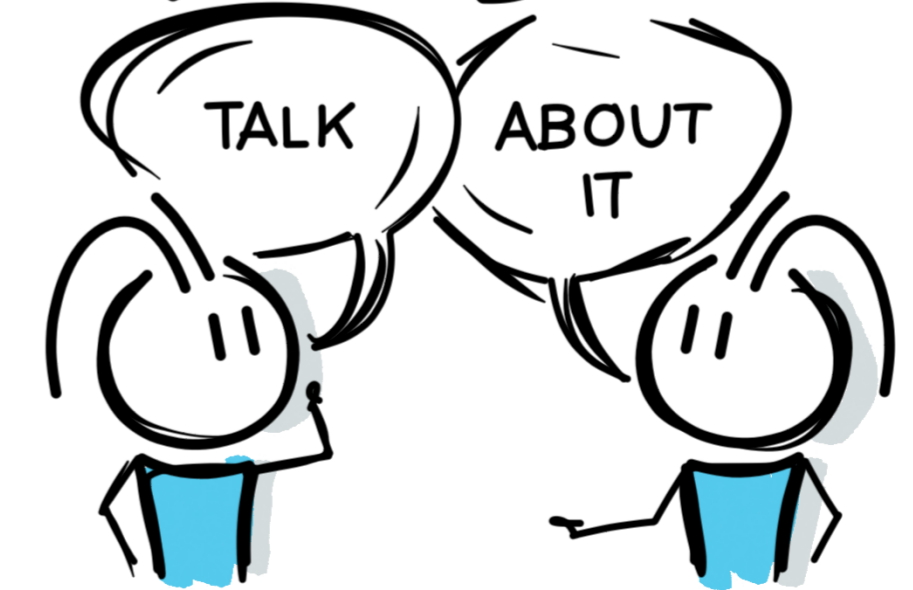
### HELPS WITH SYMPTOM RELIEF

- OSTEOPEROSIS
- COLON CANCER
- DIABETES
- DEMENTIA
- CARDIOVASCULAR

## MENOPROOF YOUR WORKPLACE



### GET ADVICE



CONSIDER FLEXI WORKING

AVOID TRIGGERS

USE TECH TO YOUR ADVANTAGE