



VIP MedSpa Clinic News

VIP MedSpa Clinic

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Medical News

Study: 1.5 oz of Almonds Daily Improves Gastro Health

Results from a new study show the impact of regularly consuming almonds on gastrointestinal health.

Migraine with Aura Linked to Higher Cardioembolic Stroke Risk

A recent study examined the risk of several subcategories of stroke in adults who experience migraine with and without aura.

Chocolate Consumption May Improve Cognitive Function

New research explored the effects of regular chocolate consumption, even as little as once a week, on cognitive function.



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Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Menopause weight gain: Stop the middle age spread

Most women gain weight as they age, but excess pounds aren't inevitable. To minimize menopause weight gain, step up your activity level and enjoy a healthy diet.

As you get older, you might notice that maintaining your usual weight becomes more difficult. In fact, many women gain weight around the menopausal

One Third of American Adults Not Getting Sufficient Sleep

A new study from the CDC examines how many adults in the United States are getting the recommended 7 hours of sleep each night.

Proton Pump Inhibitors Could Increase Dementia Risk

A recent study examined the potential association between the use of proton pump inhibitors and the risk of developing dementia in older adults.

Could Asthma Increase Aortic Aneurysm Risk?

New research suggests that there's a connection between asthma and the development or rupture of abdominal aortic aneurysms.

Could Unintentional Weight Loss Signal Mild Cognitive Impairment?

A recent study examined the relationship between rates of unintentional weight loss between midlife and late life and the risk of developing mild cognitive impairment.

transition.

What causes menopause weight gain?

The hormonal changes of menopause might make you more likely to gain weight around your abdomen than around your hips and thighs.

Hormonal changes alone don't necessarily trigger menopause weight gain, however, the weight gain is usually related to aging, as well as lifestyle and genetic factors.

For example, muscle mass typically diminishes with age, while fat increases. Loss of muscle mass decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight. If you continue to eat as you always have and don't increase your physical activity, you're likely to gain weight.

Genetic factors also might play a role in menopause weight gain. If your parents or other close relatives carry extra weight around the abdomen, you're likely to do the same.

Sometimes factors such as the stress of children leaving - or returning - home, divorce, the death of a spouse, or other life changes might change your diet or exercise habits and contribute to menopause weight gain.

How risky is weight gain after menopause?

Menopause weight gain can have serious implications for your health. Excess weight increases the risk of heart disease, type 2 diabetes

Migraine Frequency Increases Among Menopausal Women

A new study explains why women going through menopause experience a rise in headache frequency.

Energy Drink Consumption Linked to Cardiac Symptoms

New research suggests a link between increased popularity of energy drinks and increased hospital visits due to cardiac symptoms.

Could Benzodiazepine Use Increase Alzheimer Risk?

A new study explores the connection between a commonly prescribed drug and the risk of rapid cognitive decline.

CDC: Vaccine Responsible for Decreased Rates of HPV

A new study compares infection rates before and after the human papillomavirus vaccine was introduced.

and various types of cancer, including colorectal cancer and breast cancer.

What is the best way to prevent weight gain after menopause?

There's no magic formula for preventing or reversing — menopause weight gain. Simply stick to weight-control basics:

- **Move more.** Aerobic activity can help you shed excess pounds and maintain a healthy weight. Strength training counts, too. As you gain muscle, your body burns calories more efficiently which makes it easier to control your weight. For most healthy adults, the Department of Health and Human Services recommends moderate aerobic activity, such as brisk walking, for at least 150 minutes a week or vigorous aerobic activity, such as jogging, for at least 75 minutes a week. In addition, strength training exercises are recommended at least twice a week. If you want to lose weight or meet specific fitness goals, you might need to exercise more.
- **Eat less.** To maintain your current weight — let alone lose excess pounds — you might need about 200 fewer calories a day during your 50s than you did during your 30s and 40s. To reduce calories without skimping on nutrition, pay attention to what you're eating and drinking. Choose more fruits, vegetables and whole grains. Opt for lean sources of protein.

- **Seek support.** Surround yourself with friends and loved ones who'll support your efforts to eat healthy and increase your physical activity. Better yet, team up and make the lifestyle changes together.

Remember, successful weight loss at any stage of life requires permanent changes in diet and exercise habits. Take a brisk walk everyday. Try a yoga class. Swap cookies for fresh fruit. Split restaurant meals with a friend. Commit to the changes and enjoy a healthier you!

Hunger vs. craving: What's the difference?

Have you noticed that when food temptations strikes, it often has more to do with your mood than when you last ate? You may crave food to relax, relieve stress or boredom, soothe anger or cope with loneliness, sadness or anxiety. Indulging in cravings during these emotional times may lead you to eat too many high-calorie, sweet, fatty foods. Everyone has a food craving at times — and yes, chocolate is at the top of most people's list. The first step to managing your cravings is being able to identify when you're truly hungry. Learn how to recognize the difference between a craving and hunger.

Craving

- Are usually for comfort foods, such as chocolate, sweets and fatty foods
- Are often caused by negative feelings
- Lead to eating that makes you feel good at first, but then guilty
- Increase during a woman's pregnancy and menstrual cycle
- May be stronger when you're dieting, specially if you're giving up your favorite foods
- Can occur even after you've recently eaten
- Pass with time

Hunger

- Usually occurs when you haven't eaten for a few hours or more
- Results in a rumbling stomach, headache or feeling of weakness
- Doesn't pass with time
- Isn't just for one specific food
- Can be satisfied by a healthy snack or meals

If you have a craving, distract yourself. Try calling a friend, listening to music, taking a walk or bike ride, reading, or writing. If a negative feeling is causing your craving, use positive self-talk, exercise or a fun activity to improve your mood.

Today's Food Tip

Heart-healthy sources of protein : Does your diet include unhealthy sources of protein, such as burgers, hot dogs and fried chicken? Do your heart a favor and choose your proteins wisely. Legumes — beans, peas and lentils — are a great source of heart-healthy protein, and are typically low in fat and cholesterol. They're also rich in folate, potassium, iron and magnesium and contain beneficial fats and both soluble and insoluble fibers.

