

# Empower – Menopause and Cancer Survivorship Pathway

Nutrition Support for Wellness

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# Introduction

1

World Cancer Research Fund guidelines focusing on risk reduction.

2

Management of symptoms related to menopause.

3

Long term health

4

Practical Tips.

LIMIT CONSUMPTION  
OF RED AND  
PROCESSED MEAT

LIMIT CONSUMPTION  
OF SUGAR  
SWEETENED DRINKS

LIMIT ALCOHOL  
CONSUMPTION

LIMIT CONSUMPTION  
OF 'FAST FOODS' AND  
OTHER PROCESSED  
FOODS HIGH IN FAT,  
STARCHES OR SUGARS

World  
Cancer  
Research  
Fund International

# OUR CANCER PREVENTION RECOMMENDATIONS

DO NOT USE  
SUPPLEMENTS  
FOR CANCER  
PREVENTION

EAT A DIET RICH  
IN WHOLEGRAINS,  
VEGETABLES,  
FRUIT AND BEANS

FOR MOTHERS:  
BREASTFEED YOUR  
BABY, IF YOU CAN

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk. Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

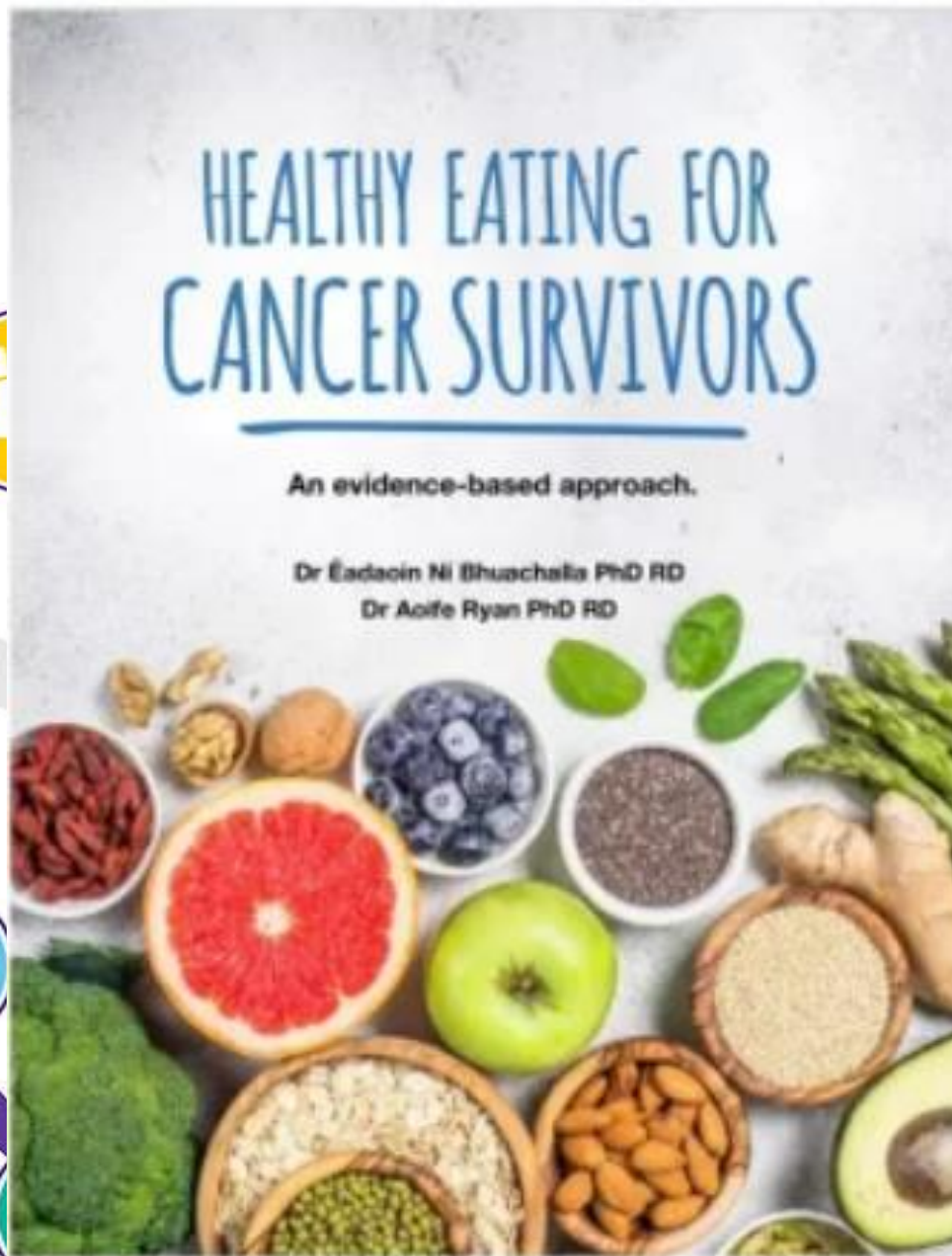
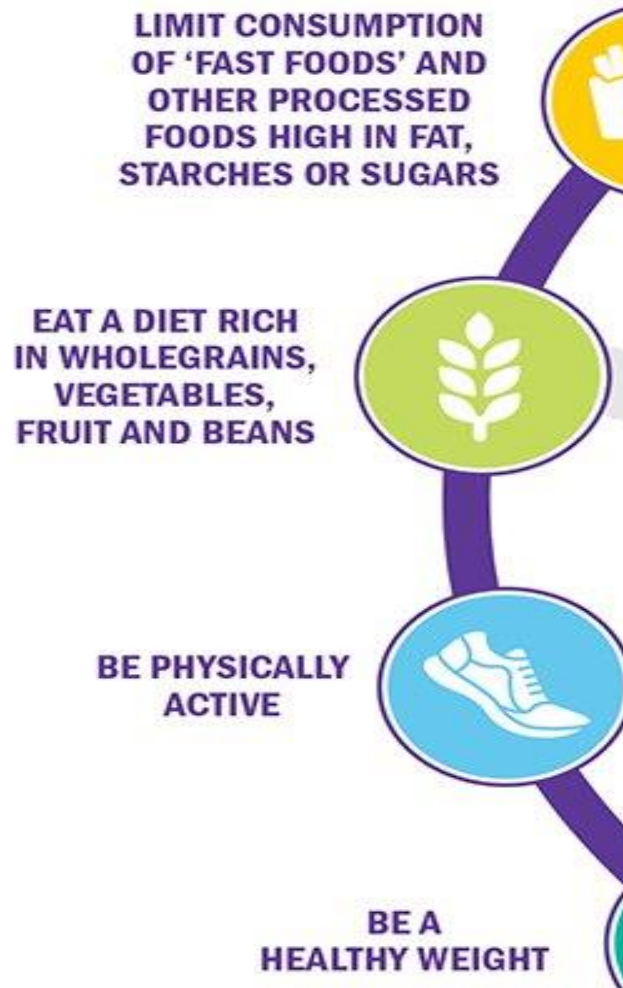
AFTER A CANCER  
DIAGNOSIS: FOLLOW OUR  
RECOMMENDATIONS,  
IF YOU CAN

BE PHYSICALLY  
ACTIVE

BE A  
HEALTHY WEIGHT

wcrf.org







# Mediterranean Diet

EAT THE RAINBOW



Evidence it helps:

- ✓ Manage weight
- ✓ Keep your heart healthy
- ✓ Bone Health
- ✓ Prevents cognitive decline
- ✓ Manage vasomotor symptoms- hot flashes and night sweats

# Hot Flashes- What can help?



- Mediterranean diet
- Weight control
- Specific triggers: hot drinks, alcohol, spicy food or caffeine.
- Phytoestrogens – attach to oestrogen receptors producing oestrogen like response but much less potent.
- Research suggests phytoestrogens are safe for people with hormone dependent cancers.

# Soya Foods

- May help to reduce hot flashes?
- Naturally low in saturated fat and rich in soluble fibre.
- Soya protein has been shown to modestly lower LDL cholesterol
- Aim for food first approach for isoflavones



# Including Soya Foods

## 1-2 Servings per day depending on food and drink

### One daily serving

100g Soya Mince	Readily available in the chilled section of supermarkets. Use it to replace mince in classics like lasagne, spaghetti bolognese, chilli con carne.
75g serving marinated tofu or tempeh	Have as a snack on its own, sprinkle over salads, add to meals like curry, stews, casseroles or dahl.
75g Serving of tempeh or 100g plain firm tofu	Drain first, chop it up into small bite size pieces. Cover with flour and airfry or shallow fry with spices. Use it as you would marinated tofu

### Two daily servings

250mls Soya Milk	Soya milk can be use as a replacement of milk if you use a milk alternative. It is the best milk alterative for protein
2 X125g Soya Yoghurt	Have as part of breakfast with oats and fruit or on its own as a snack
80-100g Edamame Beans	Often found in the frozen aisle of the supermarket. Have on its own as a snack or sprinkled on to salads.

# Hot Flashes- What can help?

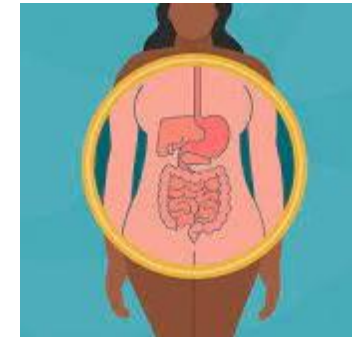


Supplement	Evidence
Flax seed	<ul style="list-style-type: none"><li>• Insufficient evidence it prevents vasomotor symptoms (VMS)</li><li>• Great source of soluble fibre and supportive for digestive health</li></ul>
Black Cohosh	Nice guidelines, 2015, highlight there is currently limited evidence regarding the most appropriate formulation, dose, duration and safety of preparations of black cohosh and cautions that interactions with medications have been reported. Not safe for use with Tamoxifen
Red Clover	<ul style="list-style-type: none"><li>• Meta-analysis found it reduced daily occurrence of hot flashes in women taking treatment compared to placebo.</li><li>• More evidence needed on optimal dose and duration.</li><li>• May not be advised for hormone dependent cancers- more research is needed.</li></ul>
Omega-3 fats	<ul style="list-style-type: none"><li>• Some evidence that omega-3 supplements in combination with Vitamin E improves VMS</li><li>• Oily fish is great source of protein and good for heart health.</li></ul>
Other botanical supplements	<ul style="list-style-type: none"><li>• St John's Wort, Evening Primrose oil, Sage, Milk Thistle , Ginseng and combined botanical supplements</li><li>• Botanicals are not recommended in clinical guidelines or position statements due to limited or conflicting evidence regarding efficacy and safety.</li></ul>

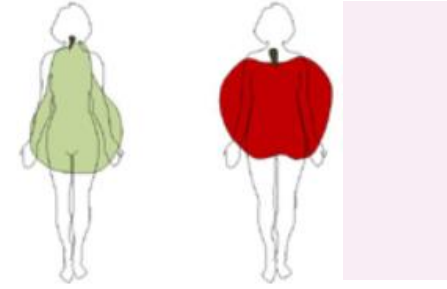
# Gut Health



- Post menopausal irritable bowel symptoms (IBS) may be more severe than premenopausal.
- Fluctuating oestrogen levels can increase symptoms of IBS.
- Stress, diet, antibiotics, supplements.



# Body Composition



- Weight gain commonly seen.
- Muscle Mass Decreases: faster during peri-menopause and up to 2yrs after the last menstrual period. Muscle continues to decline after this but at a steadier rate.
- Reduction in Energy Expenditure post menopause.
- The loss of skeletal muscle means we need less calories.
- Protein timing is important plus physical activity.

# Cardiovascular Disease



- Oestrogen helps control cholesterol levels and so reduces the risk of fatty plaques building up inside the artery walls.
- Decreased oestrogen is associated with increased total cholesterol.
- Oestrogens are mainly produced in the ovaries in a process that uses LDL cholesterol as a substrate.
- Have your cholesterol checked.

	<b>mmol</b>
Total Cholesterol	Below 5.0
LDL	Below 3.0
HDL	Above 1.2 women
Fasting Triglycerides	Below 1.7

# Diet for Heart Health



- Reduce saturated fats and replace with unsaturated fats (oily fish, rapeseed/olive oils, avocados, nuts and seeds)
- Increase wholegrains and fibre rich foods like legumes, nuts/seeds, fruits, vegetables.
- Have oily fish at least twice per week and limit red meat 2 portions per week and avoid processed meats. Aim to increase plant based proteins.
- Limit salt intake and increase range of other vitamins and minerals.

# Diet for Heart Health

- Aim for a healthy body weight, avoid smoking and minimise alcohol.
- Beta Glucans- 3.5g per day -5% reduction in LDL cholesterol.
- Plant sterols and stanols - can help to reduce LDL cholesterol by levels up to 10-15% when 2g/day is regularly consumed as part of a healthy balanced diet.
- Soya protein- 25g/d of soy protein is both safe and effective in reducing LDL cholesterol by 4- 8%.

# Diet for Bone Health



- Increased bone loss during menopause phase.
- Diet- calcium, vitamin D, magnesium, phosphorus, zinc, vitamin C.
- Mediterranean Diet: fruit, vegetables, low-fat dairy products, and fish, is essential for maintaining good bone health.
- Preventing obesity, avoid smoking, limiting alcohol consumption, resistance, balance and weight bearing exercise.



# Supplements



- Generally food first approach.
- Vitamin D- 15ug daily
- Black cohosh, sage, chaste tree berries, evening primrose, tart cherries. More research is needed .

# Practical Tips

Aim for at least 5 portions fruits and vegetables daily

Aim for wholegrain carbs in each meal

Limit Alcohol, salt and processed foods

Have protein in most meals. Lean sources are best

Add oats or pearl barley to daily diet to ↓ LDL cholesterol

2g Plant Sterols and Stanols –if cholesterol raised

Vitamin D daily - 15ug

Minimise supplements for food first approach

For soya products add edamame to salads, try tofu meals, soya milk

2-3 portions of Calcium rich foods daily

# Thank you

