

Heart Health After Menopause™

A simple look at the changes that may shape cardiovascular health in midlife.

Menopause does not cause heart disease, but age and the menopause transition can influence several parts of your cardiovascular picture.



1 Cholesterol Patterns



LDL cholesterol and triglycerides may rise around the menopause transition. Your full pattern and personal risk factors matter more than one number.

2 Blood Pressure



Blood vessels may become less flexible with age. Because high blood pressure often has no symptoms, regular checks matter.

3 Blood Sugar & Body Composition



Changes in insulin sensitivity, muscle and abdominal fat can affect long-term cardiovascular risk.

4 Sleep, Stress & Daily Habits



Sleep, movement, smoking, food choices, alcohol and ongoing stress all contribute to the bigger picture.

5 Your Personal History



Family history, early menopause, pregnancy complications and existing health conditions can add important context.

A Helpful Place to Begin

- ☐ Know your blood pressure
- ☐ Review cholesterol and blood sugar results
- ☐ Share your menopause and family history
- ☐ Ask which next step matters most for you

Gentle Reminder



Heart health is not defined by one number. Look at the whole pattern with your healthcare provider.

Martine's Midlife Wellness Tip



Keep a simple record of your numbers. Trends over time are often more useful than trying to remember one result.



New chest pressure, shortness of breath, fainting or pain spreading to the jaw, back or arm needs prompt medical attention. Call 911 for possible heart attack symptoms.