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The Effect of Exercise on Menopausal Women

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Abstract

The purpose of this research is to identify if the negative physical and physiological symptoms of menopause are decreased in menopausal women who exercise compared to menopausal women who do not exercise. There are many negative symptoms of menopause including an increase in waist circumference, hot flashes, and weight gain. Exercise is a non-pharmacological way to decrease some of these symptoms that women experience when going through menopause. Multiple studies show that exercise decreases the risk of osteoporosis, body fat, waist circumference, triglyceride levels, and depressive symptoms in menopausal women. The studies also show that exercise increases quality of life, lumbar bone mineral density, insulin resistance, and quality of sleep of menopausal women. More research is needed to know if exercise in menopausal women decreases the effect of hot flashes.

PICOT

P (patient): menopausal women

I (intervention): exercise

C (comparison): no exercise

O (outcome): decrease in the negative symptoms (both physical and physiological) of menopause

T (time): during menopause

Background Information

Menopause is the “cessation of menses for a year,” (Lurati, 2017, p. 132). A woman going through menopause loses her ovarian function which in turn decreases her estrogen levels. Every woman will experience menopause at some point in her life, usually in her forties and fifties. Along with menopause comes many negative symptoms such as hot flashes, weight gain, and an increase in waist circumference. Exercise is a non-pharmacological and simple way to decrease these negative symptoms in menopausal women.

Interventions

- Collaborating with menopausal patients to implement an exercise schedule and routine into their daily life
- Educating menopausal women on the benefits exercise has on their health and on decreasing the negative symptoms of menopause
- Educating health care providers on the benefits of exercise in menopausal women as opposed to pharmacologic interventions that pose a risk for side effects and adverse effects

Exercise Vs No Exercise

Exercise

- Decreased risk for osteoporosis
- Decreased body fat
- Decreased waist circumference
- Increased lumbar spine bone mineral density
- Increase in quality of life

No Exercise

- Decreased quality of sleep
- Increased triglyceride levels
- Decrease in insulin resistance
- Very slight increase in occurrence of hot flashes
- Increase in depressive symptoms



Gaps in the Literature

- None of the studies have enough evidence to prove that exercise has a significant effect on hot flashes.
- More studies are needed to show exactly the frequency, intensity, and the type of exercise that would have the greatest effect on menopausal symptoms.
- More studies are needed to show an effect on the BMI of menopausal women
- More evidence is needed to prove that there is an effect on lipoprotein levels (LDL) in menopausal women.

Proposed Plan for Change

- I am proposing that nurses be educated on the benefits of exercise in menopausal women
- I am proposing that nurses encourage women going through menopause to have an exercise routine that can help decrease their symptoms



Important Fact

Exercise provides many benefits to women going through menopause. It is proven to decrease many of the negative symptoms that menopausal women may experience. More studies are required to show exactly what type of exercise is most effective reducing negative menopausal symptoms. With the research provided from these studies, exercise should be suggested to every menopausal woman to decrease the negative symptoms.

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