

[IMAGE]

## Menopause Symptoms: Worse With Weight

By Editorial Staff

Obesity isn't considered a pleasant state of affairs for the overwhelming majority of people who experience it, and absolutely no one enjoys the profound negative health consequences. And for women enduring the symptoms of menopause, obesity can make those distressing, debilitating symptoms even worse.

When researchers compared menopause symptom severity in women at a healthy weight to those who were overweight or obese, they discovered that three specific menopause symptoms progressively intensified as weight increased: hot flashes and night sweats, muscle and joint problems, and bladder issues.

The study included nearly 300 women with a body-mass index (BMI) below 25 (normal / healthy weight); 255 overweight women (BMI greater than 25, but less than 30); and 206 obese women (BMI greater than 30). If you're experiencing strong menopause symptoms, especially the three mentioned above, and your weight isn't what you'd like it to be, the good news is you can ease the symptoms and improve your health outlook all at the same time by pursuing a weight-loss program. Now that's a win-win. Your doctor can assess your overall health and help you develop a sensible weight-loss routine.

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