

Midlife Weight Changes

By:

**Paul Hueseman,
RPH, PharmD**

Bellevue Pharmacy Solutions

Many women are concerned about weight gain that seems to come with menopause. While the average woman gains two to five pounds during menopause, some women are at risk for greater weight gain. In addition to body fat distribution to the mid-section.

Women's weight gain and increase in midsection fat in mid-life are thought to occur in a number of ways. While most long term studies of the perimenopausal transition show that natural menopause does not affect body mass index (BMI) or cause weight gain, many women do report weight gain. What impact does estradiol (the

primary estrogen responsible for menopausal symptoms) replacement have on the process and how exactly does it regulate fat distribution?

Factors controlling human fat tissue accumulation/metabolism are largely unknown. What is known is that low estrogen levels that occur with menopause are associated with loss of subcutaneous fat and gain of visceral fat.

Subcutaneous fat is more equally distributed throughout the body, while visceral fat is located around organs inside the abdomen and deeper in the body. The fat cells around the abdomen are regulated by estradiol, whereas the fat cells in subcutaneous tissue are not.

As women approach menopause, estradiol levels decrease, removing protection from abdominal weight gain. Since the two different types of fat cells are now on equal metabolism levels, fat is then allowed to accumulate in the abdomen.

So do higher levels of estrogens cause obesity, or does obesity cause higher levels of estrogens? Since higher levels of estrogens are seen in heavier postmenopausal women, many believe that these higher estrogen levels have caused the obesity, which is not the case.

Midsection weight gain, which occurs with decreasing levels of estradiol, causes insulin resistance and subsequent increases

in plasma insulin and insulin growth factor. This leads to increasing levels of estrogens and bioavailable androgens, testosterone and androstenedione. This excess weight results in increased estrogen concentrations from conversion of androgens, mainly androstenedione, to estrogens, mainly estrone.

So the middle-age spread can often be resolved with estradiol replacement. It has been shown to manage mid-section fat accumulation and

prevent subsequent progressive insulin resistance consistent with metabolic syndrome and reduce the risk of developing diabetes.

"The middle-age spread can often be resolved with estradiol replacement"

Weight gain is generally always happening as people age. Weight gain does happen in menopause, but that's not to say that it happens because of menopause. In reality, the woman may weigh the same as a few years ago, but the pants may not fit comfortably anymore.



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1034 Brentwood BLVD, Ste 102
St. Louis, MO 63117 Phone:314-727-8787

www.bpharmacysolutions.com

Developmental Movement in Action: Rolling, Wrapping, Curving



By:

Eileen Kinsella

Coursing over the body, at every layer and level, is the fascia or connective tissue. Its function is to bind, support and contain as well as convey network vessels of different body systems. This body system is key to ease and efficiency in everyday movement. The fascial system can be seen as

rolling, wrapping and curving around the muscles, bones, and organs.

What is Developmental Movement?

Developmental Movement utilizes the fundamental patterns of movement that are seen in the first year of life as we learn to move from our belly to standing. Considered the alphabet of movement, these patterns are with us throughout life and serve as a reference point in any course of treatment for moving with greater efficiency and ease.

When is Developmental Movement Useful?

Developmental movement is the foundation of all of our integrated movement patterns. It can be used to address chronic pesky pains

that we encounter as we participate fully in our day to day activities, our physical fitness program, sports, games with children and grandchildren. As we encounter problems with skeletal alignment, for example, we can utilize the movements we practiced as babies and toddlers to decompress the joints, realign the spine, pelvis, shoulders, arms, legs, feet and hands and regain the resilience and dynamic support of the bones.

Additionally, we can shift the organs themselves; soften the fascia, that courses superficially and deeply throughout the body, to release the whole body thus renewing the dynamic relationship of the body systems to one another and as a whole.

Developmental Movement in Action: Rolling, Wrapping, Curving

Over the years, a curriculum has emerged for the application of developmental movement to all stages of life. Rolling, Wrapping, Curving classes involve accessing the fascial system to release areas of tension and misalignment to reclaim the sense of supple ease in postural muscles as

well as the joints, bones and muscles. Based on the fundamentals of ordinary every day movement, this curriculum revives the inherent resilience and flexibility of the body. Using tools and props such as weight bearing balls, the body re-patterns to allow for greater ease, efficiency and freedom.

Contact Eileen for information on class sessions forming now at the Soma Center.

Eileen Kinsella is a registered somatic movement therapist and educator (RSMT), a nationally certified body worker, craniosacral therapist and licensed massage therapist. In private practice for 22 years, she specializes in treating children and adults using multiple modalities. Director of The Soma Center located at 2234 Mason Lane in Ballwin, Eileen can be reached at (314) 821-1103.