



MENOPAUSE AND EXERCISE INTOLERANCE

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Weight gain and an increase in abdominal girth can be an undesirable effect of menopause (Davis et al., 2012). Strenuous exercise and calorie restrictions are effective methods to maintain a healthful weight; however, because of the metabolic changes that many postmenopausal women experience, there is a decrease in exercise capacity (Davis et al., 2012). The reason for this exercise intolerance may be due to the loss of potent estrogens, which may lead to the development of insulin resistance and endothelial dysfunction. This review article explores the relationships among menopause, exercise intolerance, and weight gain. See Box 1 for a case example.

Abstract: Central adiposity and weight gain are common among postmenopausal women. Because of the metabolic changes that many postmenopausal women experience, there can be a decrease in exercise tolerance related to the loss of potent estrogens. This can lead to the development of insulin resistance and endothelial dysfunction. Despite the challenges that exercise intolerance may pose for some postmenopausal women, evidence suggests that regular exercise and caloric restriction are crucial for weight management after menopause. <http://dx.doi.org/10.1016/j.nwh.2017.02.002>

Keywords: exercise intolerance | insulin resistance | menopause | potent estrogen | weight gain

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