

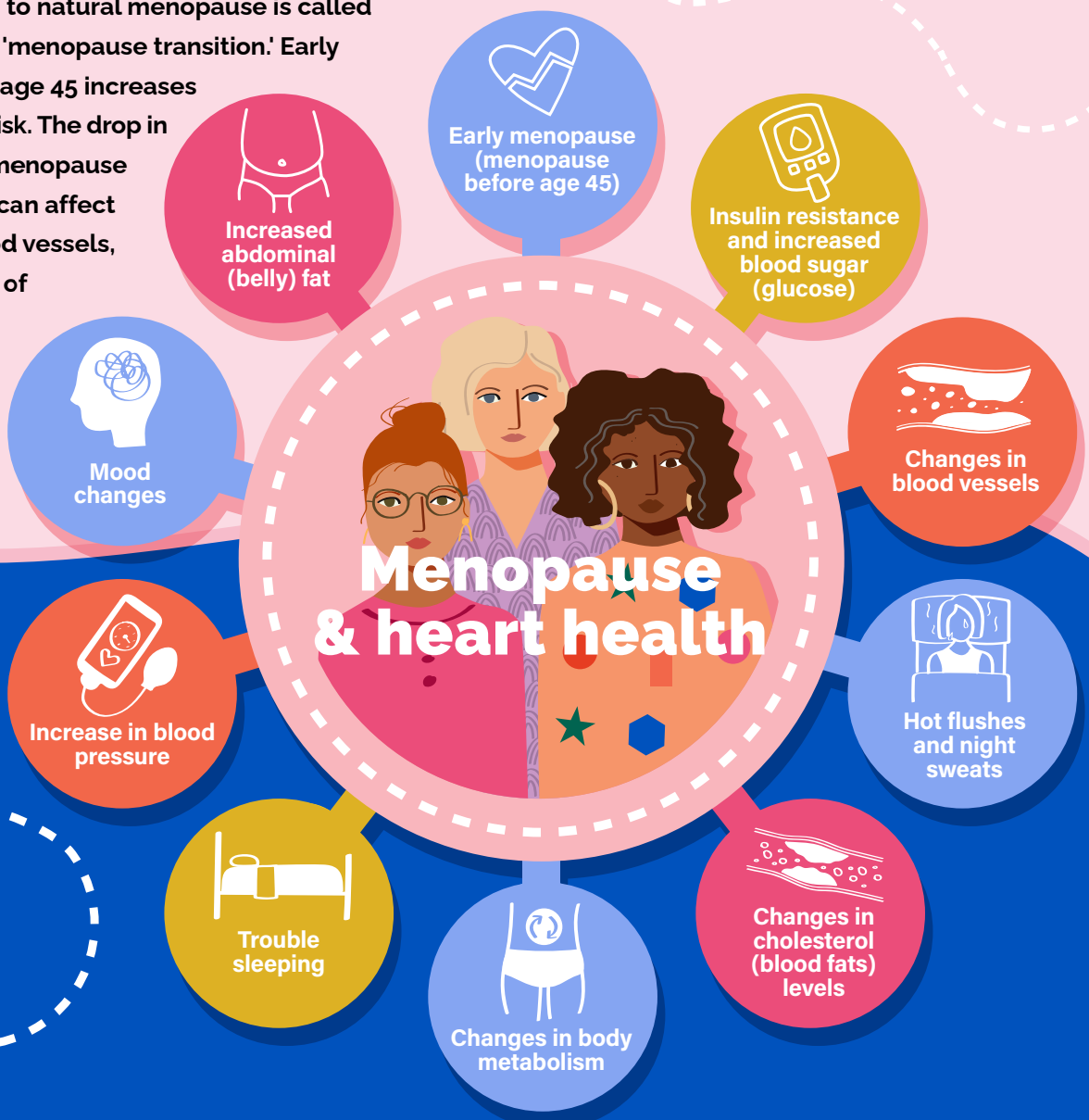


Menopause & Heart Health

Your risk of heart disease increases with perimenopause and menopause due to changes in hormones, body shape, metabolism, blood pressure and cholesterol. Taking care of your heart health now can help you stay healthy as you get older.

How does menopause affect heart health?

Menopause usually happens between ages 45-55, and the time leading up to natural menopause is called 'perimenopause' or 'menopause transition.' Early menopause before age 45 increases your heart disease risk. The drop in estrogen levels at menopause and other changes can affect your heart and blood vessels, increasing your risk of heart disease.



What can I do?

Menopause is a good time to reassess your health so that you can take action to help prevent health problems. Finding a doctor that you trust and feel comfortable talking with is important - if you don't have one then seek a recommendation from family and friends or the Australasian Menopause Society Find a Doctor site may help.



Know your risk

Knowledge is power: Understanding your risk factors is the first step in protecting your heart. Ask Heart Health

is designed for women by women, to provide evidence-based information about heart disease, risk factors and preventing heart disease. Check your own heart disease risk [here](#).



See your doctor for a heart health check

Your doctor can check your blood pressure, cholesterol, and blood sugar levels to see if you are at risk of heart disease. They can

assess your overall health including any other conditions you may have and help you make a plan to improve your overall health, including heart health. If you are at high risk of heart disease, you may need to see a specialist. Your doctor can also help with menopause symptoms and talk with you about whether MHT is right for you.



Live heart-healthy

Making heart-healthy choices every day can lower your risk of heart disease.

Simple changes, like healthy eating and being more active, can make a big difference. Managing your weight helps to prevent high blood pressure, high cholesterol, diabetes and heart disease. Discover more tips for living heart-healthy at [Ask Heart Health](#).



Take control of your health

You can take steps to benefit your heart health and keep your blood pressure, blood glucose and

cholesterol levels within a healthy range. [Ask Heart Health](#) has tips for managing other health conditions.

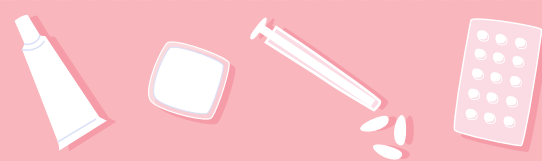
Menopause hormone therapy & heart health

Menopause hormone therapy (MHT), also known as Hormone Replacement Therapy (HRT), is when a woman takes hormones, such as oestrogen (+ progesterone if you have not had a hysterectomy), to help with menopause symptoms and bone health. MHT may also affect heart health in different ways:

Starting MHT early (before age 60) may protect your heart.



Starting MHT later in life or if you already have heart disease may increase the risk of heart disease, heart attacks and stroke.



The type of MHT and how you take it (pills, patches or creams), can also affect your heart.

Other health conditions may also affect whether you can take MHT and which type is best for you.

Before starting MHT, talk with your doctor. They can help you decide if it's the right option for you, based on your health, age and risk factors.

More information and links to other resources:

Ask Heart Health



The free [Ask Heart Health App](#) provides comprehensive, high quality menopause and heart health information, and support tools that are based on the latest evidence. **Available early 2026.**

Ask Early Menopause



Menopause fact sheets