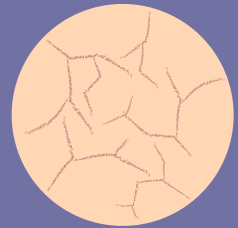


Menopause and Skin

Here are some common issues and steps you can take to support your skin:

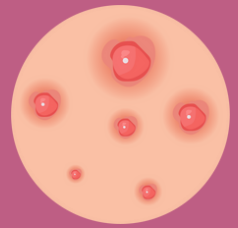
Dry and itchy skin

The skin loses its ability to hold water which can lead to dryness and itchiness. Moisturizing the skin daily with lotions, oils, and/or creams especially right after washing can help. Using oatmeal-based products can soothe itchy skin. Reducing water temperature in baths and showers while using gentle soaps and cleansers is recommended.



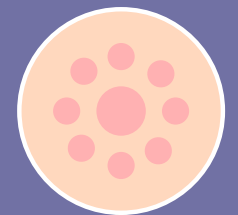
Acne

The shift in hormones can mean a return of acne. Avoiding high-glycemic foods and limiting dairy could reduce future breakouts. Follow the recommendations for healthy skin listed below. Wearing sunscreen during a breakout is especially important since sun exposure can cause hyperpigmentation at the site of lesions. For more severe acne, you might want to speak to your doctor or pharmacist about topical creams or oral medications.



Thinner and more sensitive skin

The loss of estrogen along with typical aging patterns will reduce the amount of collagen under the skin making skin more vulnerable to bruising and irritation. For irritated skin, avoid strong perfumes, detergents, and fabric softeners. You may want to consider doing two rinses on clothes. Nipples and genitals can be most effected; avoid using harsh soaps on these areas. Avoid synthetic fibers and opt for cotton clothing.



General Recommendations for skin health

- Eat omega-3 fatty acids from salmon and other fatty fish, walnuts, chia seeds, hemp seeds, and flax.
- Eat plenty of phyto-nutrients from colourful foods like berries and turmeric
- Drink green tea to reduce systemic inflammation
- Wear sunscreen, even in the winter
- Evening primrose and borage oils are rich in GLA which is known to support healthy skin
- Protect skin cells with selenium-rich foods like Brazil nuts, fish and lean meats
- Eat plenty of vitamin A-rich foods like pumpkins, carrots, squash and peppers
- Use mild cleansers on the face

Khunger, N., & Mehrotra, K. (2019). Menopausal Acne – Challenges And Solutions. International Journal of Women's Health, Volume 11, 555–567. <https://doi.org/10.2147/ijwh.s174292>

Muggli, R. (2005). Systemic evening primrose oil improves the biophysical skin parameters of healthy adults. International Journal of Cosmetic Science, 27(4), 243–249. <https://doi.org/10.1111/j.1467-2494.2005.00274.x>