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Cardiovascular risk in postmenopausal women: Key considerations for general practitioners

After menopause, regardless of age, women face an increased risk of cardiovascular disease. The hormonal shifts associated with menopause, particularly the decline in oestrogen, contribute significantly to this risk. Oestrogen has a protective effect against heart disease, which diminishes after menopause, leading to heightened cardiovascular risk.

Our consultant cardiologist Dr Wamil explains: "Identifying cardiovascular risk factors early can be lifesaving. Routine screenings and proactive health management should be a priority for postmenopausal women.

"Each woman's menopause experience is unique, and so are their cardiovascular risks. Personalising health assessments and recommendations is essential."

Key factors to monitor:

1. **Blood Pressure** — Hormonal changes and weight fluctuations can raise blood pressure, increasing heart attack and stroke risk. Regular monitoring allows early intervention.
2. **Cholesterol** — Menopause often leads to increased LDL and triglycerides, and reduced HDL, elevating heart disease risk. Routine screenings guide lifestyle adjustments.
3. **Weight** — Weight gain, especially around the waist, is common and heightens cardiovascular risk. Monitoring BMI and waist circumference supports effective weight management.
4. **Metabolic Health** — Postmenopausal shifts may impair glucose regulation, increasing diabetes risk. Screening for glucose intolerance helps mitigate this risk.
5. **Visceral Fat** — Menopause can lead to visceral fat buildup around organs such as the heart, raising heart failure risk. Regular checks support early intervention.

If you have concerns about a patient's heart health during or post-menopause, the Mayo Clinic Healthcare cardiology team is available for further assessment.

Contact us by emailing ukmchreferral@mayo.edu or call +44 (0) 207 871 2575.

Meet Chief Cardiac Physiologist Robbie Vincent Cajoles at Mayo Clinic Healthcare in London.

Robbie's journey began as a registered nurse in the Philippines before transitioning to cardiac physiology. His passion for heart health and continuous learning drives him to deliver the best care possible for his patients. From performing ultrasounds of the heart to stress tests and EKG analyses, Robbie ensures that every patient leaves feeling heard and cared for.

Outside of work, Robbie enjoys learning more about his profession, while also pursuing interests in finance and real estate. He values family time with his wife and their 12-year-old daughter. Robbie's commitment to patient care and growth is a testament to the excellence that Mayo Clinic is known for.



Mayo Clinic Healthcare education events

Last month we welcomed a full house of GPs to Mayo Clinic Healthcare for our Autumn Networking Event, in partnership with myHealthSpecialist.



Our expert consultant cardiologist Dr Gosia Wamil spoke on managing heart health during menopause, providing insights on menopausal cardiac symptoms, treatments including hormone replacement therapy (HRT) and the latest research on heart health during menopause.

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We accept physician referrals for specialist services and diagnostic imaging, including MRI and CT, as well as our endoscopy suite.

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