NO. 1 SUNDAY, NOVEMBER 15, 2026

TEOHL *Women* Weekly

The week in women's health & healthy living — read in 5 minutes.

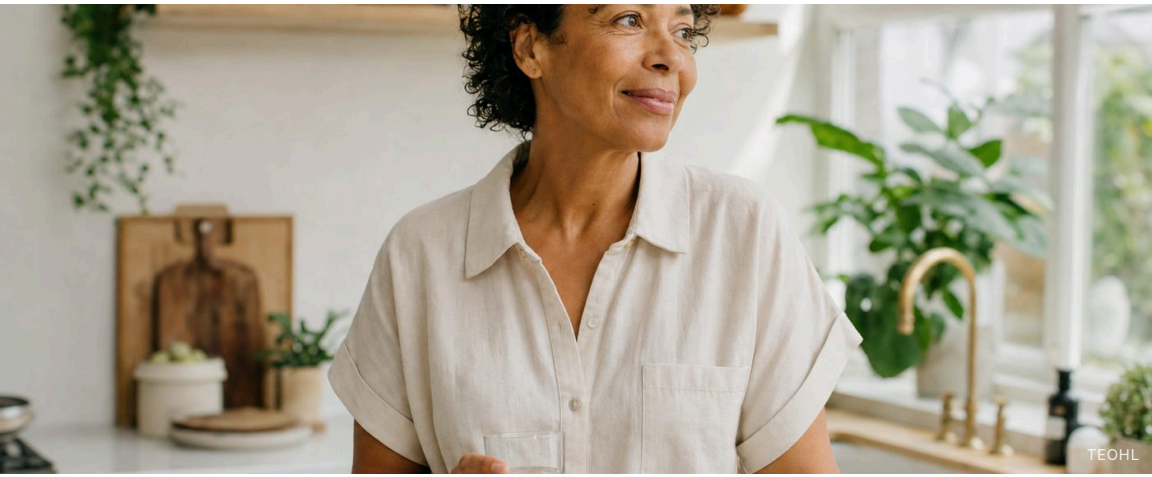


PERIMENOPAUSE

What supplements can and cannot do in perimenopause

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TEOHL

What supplements can and cannot do in perimenopause

The evidence is mixed, and supplements are not a substitute for proven care.

●●○ **MODERATE** · Review of non-hormonal treatments

WHAT'S NEW

Many perimenopause supplements are marketed for hot flashes, sleep and mood. A review of non-hormonal treatments finds that options have variable effects and potency, and fewer side effects and contraindications than hormonal types. Treatment choices depend on your health, preferences and risk factors. Supplements may help some women, but they are not a cure-all. Ask your clinician what fits you.

WHAT IT MEANS FOR YOU

This does not mean every supplement is useless. It means the evidence is uneven, and the label may promise more than the trial shows. Talk with your clinician about symptoms, interactions and what is safe for you. Do not stop a prescribed treatment on your own. Bring your questions and your full supplement list to that conversation.

WHAT TO DO THIS WEEK

- Bring your full supplement list to your next appointment.
- Ask whether a symptom is better explained by sleep, stress or thyroid health.
- Do not stop prescribed treatment without medical advice.

Source: NIH PubMed Central — Cureus review

02 WORTH KNOWING



HEART

Mammograms may also flag heart risk

●○○ **EARLY** · Observational imaging study

A mammogram may reveal more than breast changes. In a 2022 study, calcium deposits in breast arteries were linked to a 51% higher risk of heart disease or stroke. The finding is early and does not change screening advice. Ask your doctor what your results mean for heart risk. This is one more reason to keep your screening appointment.

TRY THIS Ask whether your mammogram report mentions breast artery calcium.

Source: Healthline



MOVEMENT

Strength training for aging bones

●●○ **MODERATE** · Review of diet, exercise and musculoskeletal aging

A 2026 review examined how diet and exercise influence age-related muscle and bone loss through the gut microbiome. The evidence is promising but largely indirect, and it does not prove one diet prevents fractures. Resistance exercise and adequate protein remain sensible foundations. Ask your clinician about bone density testing if you have risk factors.

TRY THIS Add one resistance exercise and one protein food to your week.

Source: NIH PubMed Central — review

03 WORTH KNOWING



NUTRITION

Plant milks may fall short on iodine

●○○ **EARLY** · Product analysis + modelling

Most plant-based milks, yogurts and cheeses are not fortified with iodine. A UK analysis found only 12% contained added iodine, compared with 61% for calcium. Replacing even 20% of dairy with unfortified alternatives may lower iodine intake. Check labels and include fish, eggs or iodized salt. Fortified choices are the practical first step.

TRY THIS Check the label for potassium iodide or iodine before you swap dairy.

Source: Healthline



GUT HEALTH

Gut health and your bones

●●○ **MODERATE** · Observational study

Your gut bacteria may be linked to bone health, but the evidence is still indirect. A review found associations, not proof of cause. If you have osteoporosis, ask your clinician before changing your diet or supplements. Focus on overall patterns rather than one food. Small, steady daily changes are easier to keep.

TRY THIS Add one fiber-rich food to lunch and dinner for seven days.

Source: Frontiers in Nutrition

MYTH OF THE WEEK

~~MYTH~~ "A supplement can replace hormone treatment."

FACT **Not according to current evidence.**

Some supplements may ease symptoms, but they are not proven substitutes for guideline treatment. Talk with your clinician about benefits, risk

FOOD OF THE WEEK · OATS

A fiber-forward bowl at the right portion

Oats supply beta-glucan, a fiber linked to lower LDL cholesterol in trials. A plain 40 g serving is a useful base, not a treatment. Pair it with protein and fruit.



40 g	3 g	4 g
dry oats per serving	beta-glucan/day for LDL	fiber per 40 g serving

Full guide: Is Oatmeal Healthy Every Day? Portions, Diabetes & Cholesterol

ONE SMALL HABIT · 7 DAYS

Add a protein food at breakfast

Put a palm-sized portion of eggs, yogurt, beans or fish on your breakfast plate every day for seven days.

MON	TUE	WED	THU	FRI	SAT	SUN

?

YOU ASKED · QUESTION OF THE WEEK

"Should I try a perimenopause supplement?"

Start with your symptoms and your medical history, not with a product. Some supplements have promising but limited evidence, and interactions are possible. Ask your clinician whether a trial is safe for you, what effect to expect and when to stop. Do not use a supplement to replace proven treatment for hot flashes, sleep or bone loss.

05 NEW ON TEOHL THIS WEEK



Is Oatmeal Healthy Every Day?

Best Healthy Foods



Menopause Weight Loss Diet

Women Weight Loss



Is Quinoa Healthy?

Best Healthy Foods

THE WEEK IN NUMBERS

51%
higher heart/stroke risk with breast artery calcium

12%
of UK plant milks with added iodine

20%
dairy swap linked to lower iodine intake

NEXT SUNDAY IN YOUR INBOX

The week ahead at TEOHL

→ How should I set my plate through perimenopause?

→ Does turmeric help women, and who should avoid it?

→ How can I protect muscle while losing weight?

Know someone who'd love this?

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