

H A N D B O O K
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SheMed[®]

W O M E N ' S
H E A L T H
H A N D B O O K



WHO IS SheMed®

OUR MISSION

Our mission is to revolutionise women's health by creating a safe space for women to get the right diagnosis and treatment for their health and wellness concerns. We do this with the support of our certified women's health and weight loss specialists.

A MESSAGE FROM OUR FOUNDERS

At SheMed, we believe every woman deserves healthcare that is personalised, compassionate, and responsive to her unique needs. Like so many women, in the past our health concerns were often overlooked or not taken seriously by the medical and research communities. So after years of feeling unheard and sidelined, we decided to take action and create a platform where women's health is the priority, not an afterthought.

That's why we founded SheMed: a brand created by women, for women, with an unwavering commitment to understanding, supporting, and advocating for women's health.

We're here to listen, address your concerns, and deliver healthcare solutions that truly cater to you. More than that, we're building a community that empowers you to take charge of your own health while consistently driving the wider conversation of women's health forward in the process.

Your founding SheMed sisters,

Chloe and Olivia

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WEIGHT LOSS FOR WOMEN

GLP-1 (Glucagon-Like Peptide-1) medications have recently gained significant attention for their effectiveness in weight management. Originally developed for managing type 2 diabetes, these drugs have proven successful in aiding weight loss by regulating blood sugar levels, slowing digestion, and reducing appetite. For women, GLP-1 medications can offer an especially promising solution to common weight-related health issues, including hormonal imbalances, menopause, and conditions like PCOS.

How GLP-1 Medications Work

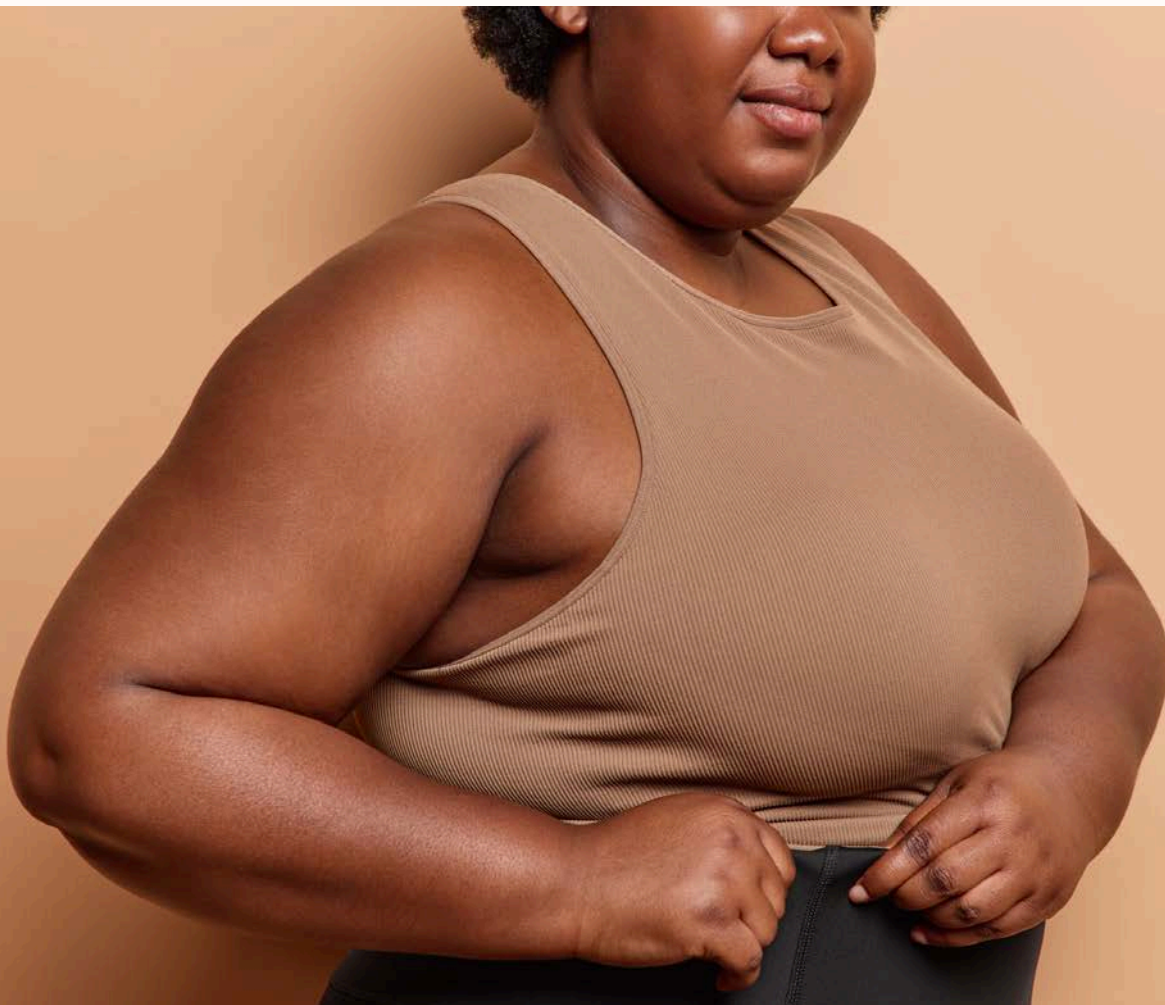
GLP-1 is a hormone naturally produced in the gut, which helps regulate blood sugar levels by stimulating insulin production and inhibiting glucagon, a hormone that increases blood sugar. Medications mimicking this hormone—such as Mounjaro—extend the duration of GLP-1 activity in the body. Additionally, these medications slow gastric emptying which reduces appetite and ultimately leads to weight loss.

For women, weight loss can be particularly challenging due to hormonal fluctuations throughout life, whether during menstruation, postpartum, or menopause. GLP-1 medications help regulate appetite and glucose levels, making it easier to achieve and maintain a healthy weight despite these hormonal changes.

A Tailored Experience for Women

At SheMed, we understand that every woman's health journey is unique. That's why we offer GLP-1 medications accompanied by a custom-tailored experience. Women have access to an easy-to-use app that tracks their weight loss progress, lifestyle habits and provides an array of valuable educational information tailored to them. A dedicated SheMed team member is available to assist with administering the medication and answering any questions along the way, ensuring a safe and supportive experience.

GLP-1 medications represent a groundbreaking advancement in weight management, particularly for women dealing with hormonal imbalances, menopause, and PCOS. By addressing these unique health concerns, these medications offer an effective, holistic solution for achieving and maintaining a healthy weight.





Our Programme

Our programme is designed to support overall health and well-being, as well as weight loss. GLP-1 medications have been shown to be highly effective for weight loss. Studies show that patients can achieve up to a 22% reduction in body weight, along with improved overall health, when these medications are used consistently for over a year. Our programme includes:

- Extensive Eligibility Review
- At home blood screening
- Female-focused content
- 24/7 side effect support
- In-app women's health support
- Weekly progress monitoring
- Monthly dosage

HORMONAL HEALTH

Hormones play a vital role in maintaining essential bodily functions such as appetite regulation, metabolism, and mood balance. However, throughout various life stages—such as menstruation, pregnancy, and menopause—significant hormonal fluctuations can disrupt these processes, leading to challenges in maintaining a healthy weight and stable mood. These hormonal changes can trigger increased hunger, irregular energy levels, and a more difficult time managing weight.

Our GLP-1 programme is tailored to support women through these shifts by helping regulate hunger signals and promote steady blood sugar levels. By fostering improved metabolic health, this programme not only aids in weight management but also contributes to enhanced emotional stability, allowing you to navigate life's hormonal transitions with greater ease and confidence.



The Hormonal Symphony and Its Effects

Oestrogen, the primary female sex hormone, regulates fat distribution and metabolism. As oestrogen levels fluctuate throughout life, women may experience increased fat storage, especially around the abdomen. Low oestrogen can slow metabolism, making it harder to lose weight.

Progesterone works alongside oestrogen, affecting water retention and sometimes leading to temporary bloating or weight fluctuations during the menstrual cycle. It can influence overall body composition and how the body stores fat.

Insulin is another critical hormone, controlling how the body uses glucose for energy. Insulin resistance, which is common in conditions like polycystic ovary syndrome (PCOS) or menopause, can lead to higher blood sugar levels, resulting in fat storage and weight gain.



Understanding the role hormones play in your health is key to managing weight. Balancing hormones through diet, exercise, and, in some cases, medication, can help women navigate the challenges of hormonal shifts and achieve sustainable weight loss.

PERIMENOPAUSE

Perimenopause, the phase leading up to menopause, brings changes such as irregular cycles, hot flashes, and weight gain due to hormonal shifts. SheMed's approach incorporates tools that alleviate these symptoms, emphasizing a combination of nutritional guidance and the GLP-1 treatment to mitigate weight gain and improve quality of life.



Navigating the Transitional Phase

For perimenopausal women facing the double challenge of hormonal imbalances and weight gain, GLP-1 medications can aid in managing appetite, improving insulin sensitivity, and supporting sustainable weight loss. These medications provide an effective tool in combating the metabolic changes that often occur during this life stage.

Symptoms

Perimenopause typically begins in women's 40s but can start earlier; marked by symptoms like:

- Hot flushes and night sweats.
- Irregular menstrual cycles.
- Mood swings and fatigue.
- Weight gain caused by a slowdown in metabolism.

SheMed Weight Loss Programme

- Stabilises blood sugar and aids in weight management.
- Supports energy levels and reduces appetite changes.
- SheMed's educational nutritional resources and lifestyle adjustments are essential complementary tools.

Navigating perimenopause can be challenging. SheMed helps manage weight effectively while enhancing overall energy and well-being. This comprehensive support system empowers women to maintain a better quality of life and approach perimenopause with confidence and resilience.



MENOPAUSE

Menopause is the natural biological process that marks the end of a woman's reproductive years. It typically occurs between the ages of 45 and 55, although some women may experience it earlier or later. While menopause is a natural transition, the symptoms it brings can have a significant impact on a woman's quality of life. Fortunately, recent advancements in medical treatments, such as GLP-1 medications, offer promising benefits for managing some of the most common challenges associated with menopause. Women may experience a range of physical and emotional symptoms during peri/menopause.





Hot Flashes: Sudden feelings of heat, often accompanied by sweating and a flushed face.

Night Sweats: Hot flashes that occur at night, often disrupting sleep.

Mood Changes: Increased anxiety, irritability, or depression, likely related to hormone fluctuations.

Weight Gain: A slower metabolism and hormonal shifts can lead to increased fat accumulation, particularly around the abdomen.

Bone Loss: The decline in oestrogen can lead to a decrease in bone density, increasing the risk of osteoporosis.

Insulin Resistance: As oestrogen levels drop, women may become more prone to insulin resistance, which can contribute to weight gain and an increased risk of type 2 diabetes.

Menopause and Weight Gain

One of the most frustrating aspects of menopause for many women is the tendency to gain weight. As metabolism slows and hormonal imbalances become more pronounced, women often find it more difficult to lose weight through diet and exercise alone. The shift in fat distribution during menopause also poses risks for metabolic diseases, such as diabetes and cardiovascular conditions. This is where GLP-1 medications come into play.

How GLP-1 Medications Can Help During Menopause

GLP-1 helps regulate blood sugar levels, slow down digestion, and reduce appetite. For menopausal women, GLP-1 medications offer several potential benefits:

Weight Loss: By reducing appetite and promoting a feeling of fullness, GLP-1 medications help combat the weight gain often associated with menopause. This can be particularly helpful for women struggling with abdominal fat, which is linked to an increased risk of metabolic syndrome.





Improved Insulin Sensitivity: Menopausal women are at higher risk of developing insulin resistance due to the decline in oestrogen. GLP-1 medications improve insulin sensitivity and regulate blood sugar levels, helping to prevent the onset of type 2 diabetes.

Cardiovascular Health: GLP-1 medications have been shown to have protective effects on cardiovascular health, reducing the risk of heart disease—another common concern for postmenopausal women.

Metabolic Support: As metabolism slows during menopause, maintaining a healthy weight becomes more challenging. GLP-1 medications help boost metabolic function, making it easier for women to lose weight and keep it off.

MANAGING PCOS

What is PCOS?

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder affecting women of reproductive age. Characterized by an imbalance in reproductive hormones, PCOS can lead to various symptoms and health complications, including:

- Irregular or absent menstrual cycles
- Excess androgen levels, which may cause physical signs such as excess facial or body hair and acne
- Ovarian cysts (small collections of fluid in the ovaries)
- Weight gain or difficulty losing weight
- Insulin resistance
- Increases the risk of type 2 diabetes
- Fatigue and mood fluctuations

PCOS affects metabolic health and can lead to long-term complications such as diabetes, cardiovascular disease, and infertility. Management of PCOS often involves lifestyle changes and, in some cases, medication to address its metabolic and hormonal impacts.





How GLP-1s Assist with Managing PCOS

Enhancing Insulin Sensitivity: One of the core challenges with PCOS is insulin resistance. GLP-1s help the body respond more effectively to insulin by improving insulin sensitivity. This can stabilize blood sugar levels and reduce the risk of type 2 diabetes, which is higher in women with PCOS.

Promoting Weight Loss: Many women with PCOS struggle with weight gain or difficulty losing weight due to metabolic imbalances. GLP-1s can promote weight loss by reducing appetite, increasing feelings of fullness, and slowing gastric emptying, making it easier for patients to adopt and maintain healthy eating habits. This is significant, as even a modest weight loss of 5-10% can help alleviate many PCOS symptoms.

Balancing Hormones: Weight loss and improved insulin sensitivity contribute to the regulation of reproductive hormones. For women with PCOS, better hormonal balance can lead to more regular menstrual cycles and a reduction in symptoms such as acne and excess hair growth.

Lowering Inflammation: Chronic inflammation is often associated with PCOS and can worsen symptoms. GLP-1 receptor agonists have been shown to have anti-inflammatory effects, which can improve overall health and reduce systemic inflammation linked to PCOS.





Benefits of Integrating GLP-1s

While GLP-1s can be effective for improving metabolic and hormonal health in PCOS patients, they work best as part of a comprehensive treatment plan. This often includes:

Lifestyle Modifications: Regular physical activity and a balanced, nutrient-dense diet that stabilizes blood sugar levels.

Nutritional Support: Eating habits that reduce processed sugars and emphasize whole foods, fiber, and lean protein.

Medical Guidance: Consultation with healthcare providers for personalized treatment plans that may include additional medications or supplements.

Sustained Weight Loss: Helps achieve and maintain weight loss goals, which can reduce PCOS symptoms.

Improved Quality of Life: With reduced symptoms such as irregular periods, excess hair growth, and fatigue, women often report feeling more energetic and balanced.

Prevention of Long-Term Risks: Enhanced insulin response and weight management can lower the risk of developing diabetes and cardiovascular disease.

WOMEN'S HEALTH GAP

Longstanding Disparities

Historically, clinical research has predominantly focused on men, leaving critical gaps in understanding women's unique health needs. For decades, women were either underrepresented or excluded from clinical trials due to concerns over hormonal variability or reproductive health, leading to an incomplete understanding of how conditions, treatments, and medications affect women.

Lack of Gender-Specific Research

As a result women commonly receive delayed diagnoses, misdiagnoses, and less effective treatments. Cardiovascular disease presents differently in women than in men, yet for years, research focused on male symptoms, leaving many women undiagnosed or under treated. Similarly, conditions like PCOS and endometriosis, which affect millions of women, have historically received little attention, delaying advancements in treatment and support.



Bridging the Gap

SheMed is dedicated to expanding research tailored to women by prioritising our focus on female-specific health concerns. By investing in understanding the unique hormonal and physiological needs of women, we can develop more effective treatments, improve patient outcomes, and enhance women's overall quality of life.

Expanding research in areas like hormonal health, menopause, and chronic conditions that disproportionately affect women is critical. Our focus not only advances science but also empowers women with better, more tailored healthcare solutions.



VITAMINS ARE VITAL

Vitamins play an essential role in supporting everything from energy production to hormone regulation and immune function. Hormonal changes, pregnancy, or diet, may cause vitamin deficiencies that can affect your well-being. Understanding the role of key vitamins and ensuring adequate intake is vital for optimal health.



Vitamin D is critical for bone health and immune function. Many women, especially those living in areas with limited sun exposure, may be deficient. Low vitamin D levels can contribute to osteoporosis, a condition that affects women more than men, particularly after menopause when estrogen levels decline.

Calcium is crucial for maintaining strong bones and preventing osteoporosis, particularly in postmenopausal women.

Vitamin B12 and **Folate (Vitamin B9)** are vital for energy production, red blood cell formation, and DNA synthesis. These vitamins are particularly important for pregnant women, as folate helps prevent birth defects. B12 deficiency, common in women with vegetarian or vegan diets, can lead to fatigue, memory issues, and nerve problems.

Iron is essential for oxygen transport in the blood, and women, especially those of reproductive age, are at higher risk of iron deficiency due to menstruation. Low iron levels can cause anemia, leading to fatigue, weakness, and impaired cognitive function



Proper nutrition, combined with supplements when necessary, can help prevent deficiencies and promote long-term well-being for women throughout various life stages. By addressing unique nutritional needs, it supports hormonal balance, boosts energy levels, and enhances overall health.

FEMININE INFECTION PREVENTION

Urinary tract infections (UTIs) and **yeast infections** are two of the most common feminine infections. They often cause significant discomfort and disruption to daily life. Symptoms such as pain, burning, and itching can interfere with a woman's overall well-being, making early awareness and prevention crucial. Fortunately, there are effective steps women can take to prevent these infections and manage them if they occur.



FEMININE INFECTION PREVENTION



Prevention Strategies

Hygiene: Proper hygiene is crucial in preventing infections. Women should wipe from front to back after using the bathroom to prevent bacteria from entering the urethra and causing a UTI.

Stay Hydrated: Drinking plenty of water helps flush bacteria out of the urinary tract, reducing the risk of UTIs.

Don't Wait: Urinate soon after sexual activity to clear the urethra of any bacteria.

Wear Breathable Clothing: Opt for cotton underwear and avoid tight-fitting clothes that can trap moisture, which creates a perfect environment for yeast infections.

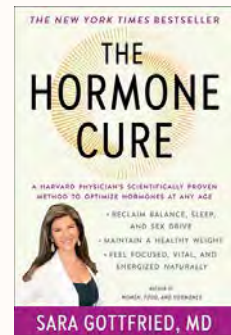
Stay Dry: Keeping the vaginal area dry helps prevent the overgrowth of yeast.

Avoid Irritants: Products like scented soaps, bubble baths, and douches can disrupt the natural pH balance of the vagina, increasing the risk of yeast infections.

FURTHER LEARNING

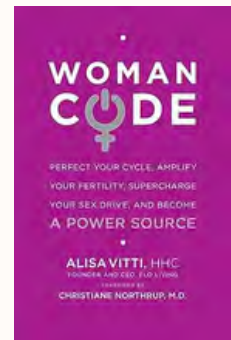
“The Hormone Cure” by Dr. Sara Gottfried

- This book offers a science-backed approach to balancing hormones through natural remedies and lifestyle adjustments. It covers how hormones impact weight, mood, and energy levels.



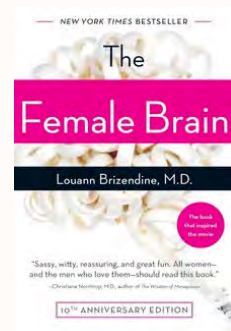
“WomanCode” by Alisa Vitti

- Alisa Vitti provides a holistic guide to balancing hormones, with insights on managing conditions like PCOS and endometriosis. It emphasizes diet, lifestyle, and cycle-syncing to achieve hormonal harmony.



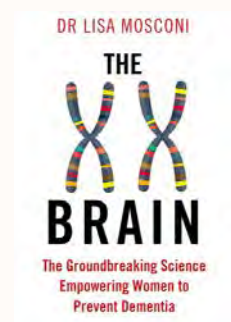
“The Female Brain” by Dr. Louann Brizendine

- This book explores how hormonal fluctuations throughout a woman’s life—from puberty to menopause—affect mental and physical health, including metabolism and weight management.



“The XX Brain” by Dr. Lisa Mosconi

- Focused on the female brain and how hormones affect cognitive health, Dr. Mosconi delves into how proper nutrition and lifestyle choices can enhance overall health, including weight regulation.



“Beyond the Pill” by Dr. Jolene Brighten

- This book helps women understand the effects of hormonal birth control on the body and provides solutions for balancing hormones naturally to manage weight, mood, and energy post-pill.



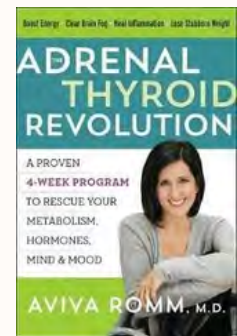
“In the FLO” by Alisa Vitti

- Another excellent read from Alisa Vitti, focusing on syncing your diet, fitness, and lifestyle with the four phases of the menstrual cycle for better energy and weight management.



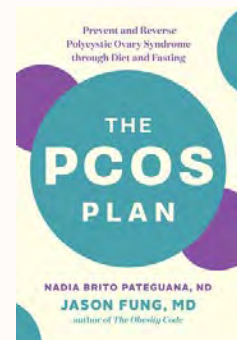
“The Adrenal Thyroid Revolution” by Dr. Aviva Romm

- This book connects adrenal fatigue and thyroid dysfunction to weight gain, and offers strategies for recovery using diet, stress management, and hormone regulation.



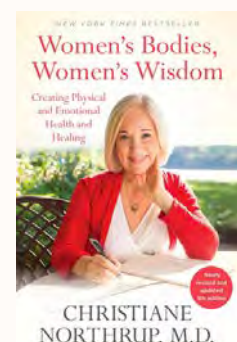
“The PCOS Plan” by Dr. Jason Fung and Nadia Brito Pateguana

- A comprehensive guide for managing Polycystic Ovary Syndrome (PCOS) through intermittent fasting, diet, and lifestyle, which also helps with weight loss and insulin resistance.



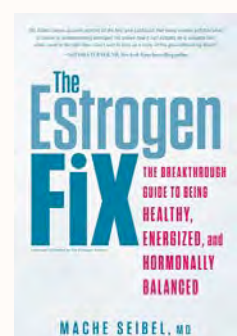
“Women’s Bodies, Women’s Wisdom” by Dr. Christiane Northrup

- Dr. Northrup provides an empowering guide that covers the physical and emotional aspects of women’s health. This comprehensive book explores topics from reproductive health to emotional well-being, emphasizing the importance of self-care and the mind-body connection to promote holistic healing and wellness.



“The Estrogen Fix” by Dr. Mache Seibel

- This book provides guidance on managing estrogen levels, with an emphasis on its role in weight management, energy, and overall health, particularly during menopause.



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Here to support you every step of
your healthcare journey

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with the women in
your life who might
benefit from this
information



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