

Lifestyle Medicine as a Therapeutic Approach to Menopause: A Narrative Review

Almoutaz Alkhier Ahmed¹

Dr Almoutaz Alkhier Ahmed, A/Professor -MBRU, SSR family medicine -Nad Alhamar Health Center. DAHC

Correspondence:

Almoutaz Alkhier Ahmed Abdulrahman

A/clinical professor of Family Medicine – MBRU. FRCGP (INT), MSc diabetes, MSc endocrinology,

MSc Health Economy,

MPH, Dip IBLM, FASLM, SFIDF, LFOM. Senior Family Medicine Specialist, Nad Alhamar Health Centre

Dubai Academic Health Corporation.

Email: Khier2@yahoo.com

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Abstract

Background: Menopause is a normal change characterized by the end of ovarian function and lower oestrogen. It causes vasomotor, psychological, metabolic, musculoskeletal, and genitourinary symptoms, which may affect quality of life and health. As life expectancy rises, women spend more years postmenopausal. This highlights the need for effective management strategies. Hormone therapy is important, but many women seek non-pharmacological approaches for symptom relief and health promotion.

Objective: To evaluate lifestyle medicine as a primary, holistic approach for menopause symptom management and healthy aging.

Methods:

We conducted a narrative review of observational studies, randomized trials, systematic reviews, meta-analyses, and clinical guidelines. The review focused on six pillars of lifestyle medicine: nutrition, physical activity, restorative sleep, stress management, avoidance of harmful substances, and social connection.

Results: Evidence suggests lifestyle interventions improve menopausal symptoms like hot flashes, sleep issues, mood changes, and weight gain. Lifestyle changes also promote cardiovascular and metabolic health, preserve bone and muscle mass, boost psychological well-being, and lower the chance of chronic disease. Nutrition, regular exercise, stress reduction, and healthy sleep provide added benefits. These not only relieve symptoms but also promote long-term health and function.

Conclusion: Lifestyle medicine is a safe, evidence-based, patient-focused approach to menopause. Adding lifestyle changes to routine care may improve symptoms, quality of life, and healthy aging, and reduce the chance of chronic disease. More high-quality research is needed to build evidence and improve clinical practice.

Keywords:

Menopause; Lifestyle Medicine; Healthy Aging; Women's Health; Menopausal Symptoms.