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# Menopause matters

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# GLP-1

## Injectations and menopause health



**Trudi Roscouet, founder of Eve Studios, asks if they are a quick fix or catalyst for long-term menopause health?**



☐ Trudi Roscouet

**O**ver the last year, you'd be hard-pressed not to have seen headlines about so-called "miracle weight loss injections" – namely GLP-1 receptor agonists like Ozempic and Wegovy. These drugs, originally developed to treat Type 2 diabetes, are now being prescribed off-label for weight loss, with some celebrity endorsements fueling public interest.

But for women in midlife and menopause, could these injections be more than just a quick fix for shedding pounds? Might they offer a bridge to better health, if used mindfully and with proper support?





• We're moving the same, eating the same but the scales suddenly seem to climb.



At Eve Studios, a women's health and wellbeing hub based in Jersey, Channel Islands, this is the question we're asking every day.

### **Midlife weight gain isn't just about willpower**

Let's address the obvious: menopause and weight gain often go hand in hand. As estrogen levels drop, our bodies become more prone to storing fat – especially around the middle. Simultaneously, we begin to lose muscle mass, our metabolism slows, and our risk of developing insulin resistance rises.

This makes us more vulnerable to conditions such as:

- **Type 2 diabetes**
- **Heart disease**
- **Osteoporosis**
- **Mood disorders**

For many women, this change feels like betrayal by their own bodies. We're eating the same, moving the same, but suddenly the scales climb, and the fatigue sets in.

### **GLP-1 injections: how do they work?**

GLP-1 (glucagon-like peptide-1) receptor agonists mimic a natural gut hormone that helps regulate appetite and blood sugar levels. In practical terms, they:

- **Reduce appetite and cravings**
- **Slow gastric emptying, helping you feel fuller for longer**
- **Improve blood sugar control, reducing the risk of diabetes**

This can result in substantial weight loss for some women, especially those who have struggled with stubborn weight gain during perimenopause and menopause.

However, they are not without risks:

- **Common side effects include nausea, constipation, and fatigue**
- **Once stopped, up to 65% of weight may return unless lifestyle changes are in place**
- **They don't address emotional eating, stress, or inactivity**
- **They are not suitable for everyone, and must be prescribed and monitored by a medical professional**

### **What GLP-1s can't do (and where we come in)**

At Eve Studios, we believe in evidence-based, compassionate care. We don't see GLP-1s as a magic pill, but as a potential tool, particularly for women who feel overwhelmed, stuck, or who have significant metabolic health risks.

But, and this is crucial, they are only one piece of the puzzle.

If used without support, many women on GLP-1s experience:

- **Muscle loss, not just fat loss**
- **Fatigue and worsening mood from under-eating or nutrient deficiencies**
- **Fear of food, due to reduced hunger signals**
- **A loss of connection with their body's signals**

That's why we're launching a comprehensive online coaching programme in late 2025 for women wanting to improve health and wellbeing, including women using GLP-1 medications.

### **Online support for menopausal women across the UK**

We understand that not everyone can attend in person, so our online offering will include:

- Menopause-aware nutrition coaching, focused on protein, bone health, and hormone support
- Strength and mobility workouts, accessible at home and tailored to your phase of life

- Live coaching and Q&As, with trained women's health specialists
- Mental health check-ins, including guidance on emotional eating, body image, and motivation
- Community access, because no woman should feel she's doing this alone

We're here to support—not replace—your GP or menopause specialist. Our aim is to fill the gap between prescription and real-life results.

### **A word of warning: don't buy GLP-1s online**

We must also sound a note of caution: counterfeit GLP-1s are circulating online, and buying unregulated versions without medical supervision is dangerous. Always speak to a trusted healthcare provider. →

**GLP-1 (glucagon-like peptide-1) receptor agonists mimic a natural gut hormone that helps regulate appetite and blood sugar levels.**



• Our menopausal bodies become more prone to storing fat – especially around the middle.



### Why Eve Studios was born

Eve Studios began with a simple mission: to create a space where women of all ages could explore their health, build confidence, and reconnect with their bodies.

From teens to postnatal mums to perimenopausal women, and now our growing 65+ community, we've seen firsthand how the right environment can change everything. We are proud to offer a non-judgmental, supportive approach where you can access:

- **Qualified coaches who understand menopause**
- **Medical workshops that bridge the gap between clinical advice and everyday life**
- **Classes that energise, not exhaust, including strength-based and mind-body sessions**
- **1:1 online consultations for women outside Jersey who want guidance from a distance**

### Obesity in midlife: more than a number

Midlife weight gain isn't about vanity—it's about health span, not just lifespan. Carrying excess weight in menopause increases the risk of:

- **Breast cancer**
- **Cognitive decline**
- **Sleep disorders**
- **Joint pain and fatigue**

But beating ourselves up with guilt or shame doesn't help. What we need is realistic, science-based support, personalised to our stage of life.

• **Our midlife health is not about vanity, it's about your health span and your lifespan. Beating ourselves up with guilt or shame is not helpful.**

That's what we strive to offer—whether you're here with us in Jersey, or joining us online from across the UK.

### In summary: empowerment over perfection

GLP-1s may offer a kickstart. But real change, such as lasting, empowering, body-affirming change, comes when we pair medical tools with behavioural support, movement, and mindset shifts.

At Eve Studios, we're here to walk that journey with you.

If you're navigating menopause, struggling with weight gain, or wondering whether GLP-1 medication could help you regain control, we invite you to reach out.

Let's make this stage of life stronger, healthier, and more confident – together. **MM**

**For more information or to join our online menopause coaching programme, email us at [hello@eve.je](mailto:hello@eve.je) or visit [www.eve.je](http://www.eve.je).**