

sanoMidLife♀

# Longevity Live Series

Not just longer, but better

## Session 1: Health-span



**Speakers:** Dr. Janna, ND and Kathy, NP

**Moderator:** Angela



# sanoMidLife♀

**Meet  
Dr. Janna, ND  
and Kathy, NP**



# “Longevity Live Series” Our Group Flow

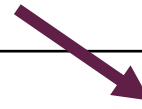


- Your Support Village
- Dialogue and Etiquette
  - On-camera (optional)
  - Open conversation 🙋 (please raise your hand)
  - In-Meeting Chat
- Post-live session resources
  - sanoMidLife Library (recordings)
  - Peer Connect

**sanoMidLife**♀

## Longevity Live Series: Our monthly breakdown...

<b>January 20th</b>	<b>Health-span (Today)</b>
<b>February 20<sup>th</sup></b>	Heart Health
<b>March 24<sup>th</sup></b>	Metabolic Health, The Gut and Weight
<b>April 21<sup>st</sup></b>	Bone Health
<b>May 19<sup>th</sup></b>	Endocrine Health, Thyroid and Stress
<b>June 16<sup>th</sup></b>	Cancer Prevention
<b>September 15<sup>th</sup></b>	Pelvic Health, Prolapse and Incontinence
<b>October 20<sup>th</sup></b>	Mental Health and Cognitive Decline
<b>November 17<sup>th</sup></b>	Sexual Health
<b>December 15<sup>th</sup></b>	Integrating It All, The Women's Longevity Playbook



*Next session*

# The Gaps in Today's Care Model

It isn't you, it's a system not built for you



- **Design is male-default**, one-size-fits-men health systems and benefits are misaligned with women's biology and work realities
- Women were **only included in clinical trials in 1997** in Canada
- **Funding is Inadequate:**
  - **1%** of research funding goes to menopause, PMS, endometriosis, maternal hypertensive disorders, postpartum hemorrhage, migraine, IHD, cervical and breast cancer combined
  - Only **4%** of drug spend goes to women's health
- **92%** of physicians feel unprepared to support midlife women
- **Diagnosis is delayed**, fragmented pathways and bias means women are diagnosed later **across 700+ diseases, often 4 or more years** later



# Estrogen Receptors: The Key to Understanding Women's Health

## Nerves

Improves nerve transmission

## Heart

Regulates heart rate and improves blood flow  
Improves cholesterol levels  
Provides anti-inflammatory properties, reducing risk of atherosclerosis  
Keeps endothelium (cells lining interior surface of blood vessels) healthy

## Gastrointestinal

Improves absorption of nutrients  
Maintains balance of friendly bacteria

## Immunity

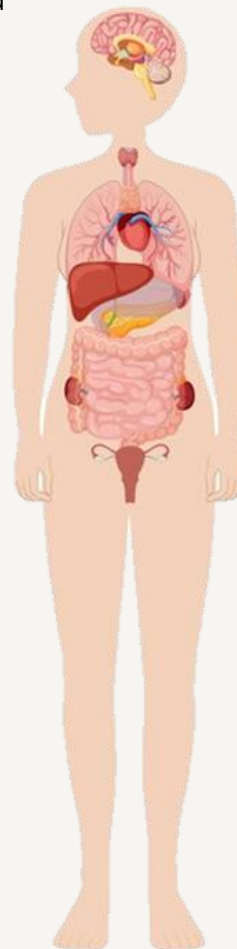
Anti-inflammatory role  
Production of cytokines, aiding in immune response and tissue repair  
Regulation of immune system

## Bones

Maintains bone density  
Reduces risk of osteoporosis  
Reduces inflammation in joints  
Increases muscle strength  
Improves flexibility  
Lubricates joints

## Metabolism

Influences energy expenditure  
Regulates fat distribution  
Influences water retention  
Impacts glucose regulation and insulin sensitivity



## Brain

Anti-inflammatory protection of brain cells  
Improves blood flow in brain  
Improves mood and reduces anxiety and depression  
Body temperature control  
Improves memory and concentration  
Increases levels of other neurotransmitters  
Improves sleep/ energy

## Reproduction

Regulates menstrual cycle  
Regulates ovulation  
Maintenance of reproductive tissue (uterus, ovaries and vagina)

## Skin, Nails and Hair

Increases collagen production  
Reduces moisture loss  
Improves elasticity  
Reduces hair thinning

## Bladder

Maintains health of urinary tract  
Reduces risk of infection  
Reduces risk of incontinence  
Supports libido and sexual function

## Vagina/vulva

Increases lubrication  
Maintains balance of friendly bacteria in vagina  
Keeps tissues healthy  
Supports libido and sexual function

# The Health Risks of Inaction

## Chronic Conditions Accelerate Without Support

**25%** more time of women spent in debilitating health compared to men.



**Heart  
Disease**



**Mental  
Health**



**Osteoporosis**



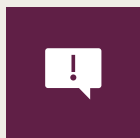
**Genitourinary  
Issues**



**Metabolic  
Disorders**

# GOOD NEWS:

Evidence suggests **~50–60% of heart disease risk**, **~30–40% of cancer risk**, and **~50–60% lower diabetes progression** (in high risk adults) are linked to changeable factors.



## Non-Modifiable vs Modifiable Risk Factors

---

### Non Modifiable

- Age
- Biological sex at birth
- Genetics and family history
- Early life exposures
- Menopause

### Modifiable

- Muscle
- Physical activity
- Metabolic health
- Sleep
- Hormone therapy
- Nutrition
- Stress & nervous system regulation
- Social connection & purpose
- Healthcare screenings



# Ask

Dr. Janna and Kathy ...

**sanoMidLife**♀  

---

# A System Designed for Men Can't Deliver for Women

## Women Specific Conditions

Menopause

Menstrual Disorders (PCOS)

Endometriosis

Women's Cancer  
(breast, ovarian, etc)

Pelvic Prolapse

Premenstrual syndrome

and more..

## Impact Women Disproportionately

Anxiety & Depression

Hypothyroidism

Osteoporosis

Migraine

Autoimmune Disorders

Alzheimer's Disease

and more..

## Impact Women Differently

Cardiovascular Disease

Chronic Pain

Diabetes

Sexual Health

Irritable Bowel Syndrome

Lupus

and more..

# How to Access Our Resources

You must be logged in to see the Longevity Live Replays. Simply log in to your sanoMidLife account. To make it easy, **follow the login path that matches how you originally joined:**

**Insurance** (i.e., Medavie Blue Cross):

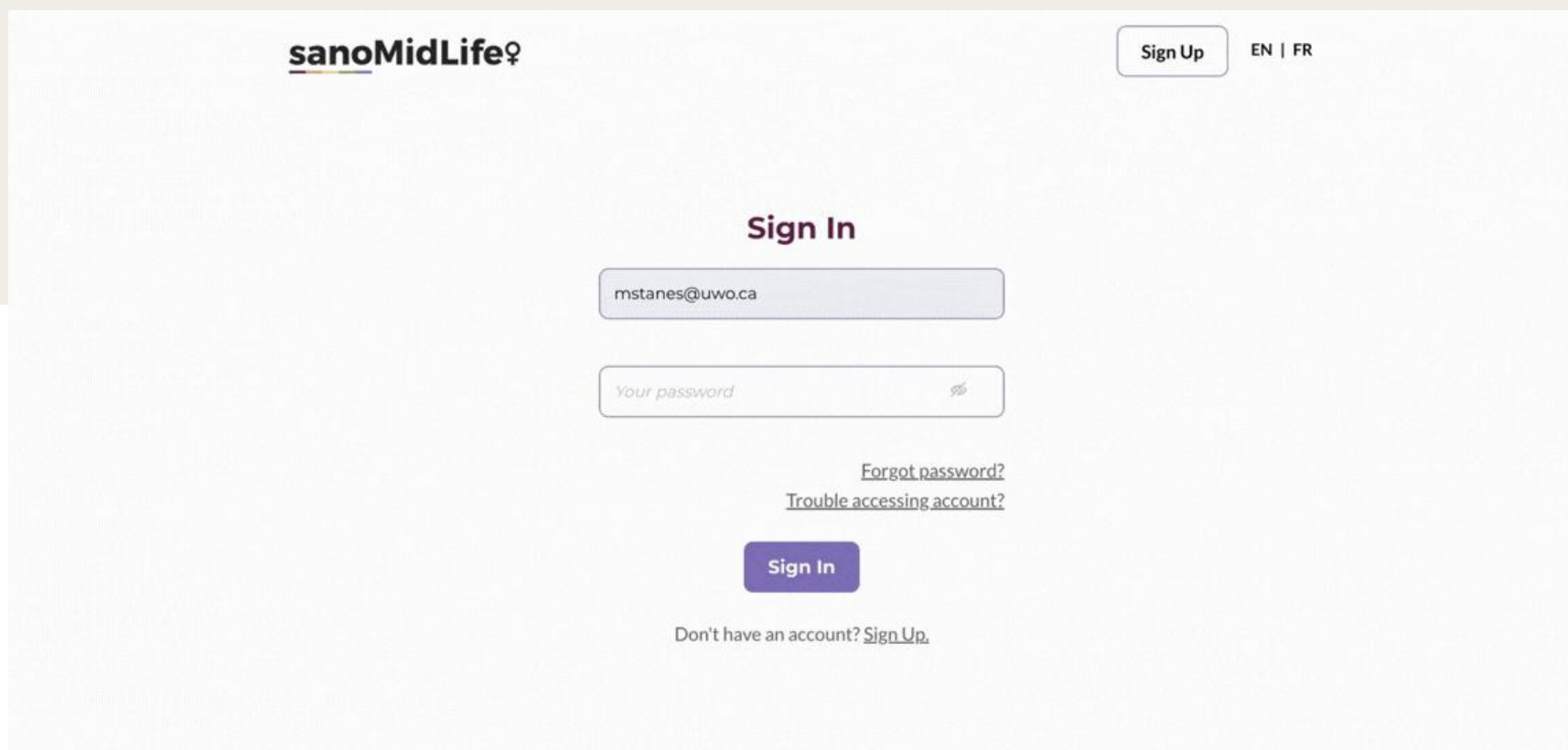
[LOGIN | sanoMidLife/sanoMidVie](#)

**Employer:**

[LOGIN | sanoMidLife/sanoMidVie](#)

**Individual Purchase:**

[LOGIN | sanoMidLife/sanoMidVie](#)



The screenshot shows the sanoMidLife sign-in page. At the top left is the sanoMidLife logo. At the top right are links for 'Sign Up', 'EN', and 'FR'. The main heading is 'Sign In'. Below it are two input fields: the first contains the email 'mstanes@uwo.ca' and the second is labeled 'Your password' with a toggle icon. Below the password field are two links: 'Forgot password?' and 'Trouble accessing account?'. A purple 'Sign In' button is centered below these links. At the bottom, it says 'Don't have an account? [Sign Up.](#)'