



# Meet Grace

Grace Meehan is a licensed pharmacist and a NAMS Certified Menopause Practitioner. As part of NutriChem's Clinical Team, she provides a supportive, caring, evidence-based approach to help resolve menopausal symptoms and improve the quality of life for all of her patients.

**Q: What is a NAMS Certified Menopause Practitioner, and what inspired you to achieve this certification?**

NAMS (North American Menopause Society) is North America's leading non-profit organization dedicated to promoting the health & quality of life of women through an understanding of menopause. Its more than 2000 members include science experts from medicine, nursing, pharmacy, nutrition and more. NAMS recognized the importance of setting standards for health care providers assuring high quality of care for women. A competency exam must be written demonstrating expertise in the field, and those who pass it are awarded the credential of NAMS Menopause Practitioner. Ongoing education is required in order to maintain this designation.

I've been a practicing pharmacist in Ottawa for over 20 years. I began to notice that women I encountered had many questions pertaining to menopause. I felt that I needed more in-depth information to answer their

questions to the best of my ability. I discovered NAMS and felt compelled to become certified with them!

**Q: What are the most important health challenges women face going through menopause?**

As women age and go through menopause, their risk of disease truly increases. I believe that women's biggest challenge is prioritizing their health, getting the most up-to-date information, and taking care of themselves.

**Q: Many women are told that menopause is a necessary part of aging, and nothing can be done to help. What are your thoughts on this?**

Many women will live for 30 or more years post-menopause. As I mentioned, with menopause, disease risk increases. But it is possible to take good care of yourself (with the right help) and feel well and vibrant during the post-menopausal years. Isn't that terrific?

**Q: What is the single most important thing a woman could do to improve her health during menopause?**

I believe that women need to take stock of their health. For example, most women will gain weight during menopause. We know that weight gain increases the risk of diabetes, heart disease, cancer, osteoarthritis and more. If we don't look at lifestyle, i.e. exercise, good diet, stress, sleep, and smoking, then it's very difficult to have a healthy menopause and post-menopause. Women tend to put themselves last. It's a big mistake.

**Q: What has been your most satisfying accomplishment as a health professional?**

Truly, listening to women and having them feel heard is so rewarding. Explaining that the symptoms they're experiencing are 'normal' and that we can work on those symptoms, so that they feel better. It makes women feel relieved. That is satisfying!!

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