“Leyla Weighs In” on Menopause & Metabolism: Understanding the Connection

written by Leyla Muedin MS, RD, CDN | March 7, 2025



Nutritionist Leyla Muedin, a registered dietician nutritionist, discusses insightful findings from a University of Colorado Boulder study linking later onset menopause to healthier blood vessels and lower heart disease risk. The study, published in the American Heart Association Journal Circulation Research, reveals that women who experience menopause at age 55 or later have a significantly lower risk of heart attacks and strokes in their postmenopausal years compared to those who go through it earlier. Leyla explains the physiological benefits of later menopause, focusing on better mitochondrial function and lower metabolic abnormalities, and emphasizes the potential impact of dietary interventions on women’s heart health. The episode highlights the importance of metabolic health and suggests that addressing metabolic abnormalities through a low-carb diet can delay menopause and improve overall vascular and heart health.