

THE REAL STORY



What Menopause Does to Muscle and Visceral Fat

The scale barely moves. Something more consequential than weight has changed underneath.

Swipe

THE OLD BELIEF

·Menopause Made Me Gain Weight·

Not quite. Total midlife weight gain tracks mainly with age and activity level, not menopause itself. What menopause actually decides is where the fat goes.

THE REAL SHIFT

Three Things Change at Once

Fat goes up and moves inward. Lean mass goes down. Energy expenditure falls. All from late perimenopause onward.

NOT ALL FAT IS EQUAL

Visceral Fat Is a Different Substance

Packed around the organs, not under the skin. It behaves like an active organ, and it is what drives insulin resistance. The scale cannot see it.

THE NUMBERS

Insulin Resistance Down 13%, New Diabetes Down 30%

Meta-analysis figures for menopausal hormone therapy, cited in the 2025 ESE guideline. In women who already have diabetes, blood glucose fell 11.5% and HOMA-IR fell 35.8%.

THE HONEST BOUNDARY

It Fixes the Fat. It Does Not Build the Muscle.

Hormone therapy lowers visceral fat, BMI and android fat distribution. For lean body mass, the guideline is explicit: no benefit observed.

WHY IT MATTERS

Low Muscle Mass Carries Real Risk

In critically ill patients, about 51% had low skeletal muscle mass, with more than double the odds of death. In healthy older adults living at home, sarcopenia carried 60% higher risk of death from any cause.

THE BOTTOM LINE



Estrogen Changes Where the Fat Goes. Only You Can Build the Muscle.

Hormone therapy is a prescription treatment; talk to a qualified doctor about whether it is right for you. On fat, it helps. On muscle, the work is yours.