

Rachel Iverson DHSc RD CSSD

Too Hot To Handle: Nutrition Strategies for Menopause

Bio:

Dr. Rachel Iverson is a board-certified sports dietitian based in Mandan, North Dakota. She holds dual master's degrees in nutrition and exercise science, and she recently completed her Doctor of Health Sciences in Education, focusing on the crossover of cardiovascular health and sports performance in tactical athletics. In her private practice, Dr. Iverson specializes in weight management, sports performance, and healthy aging. She also serves as an adjunct instructor on aging and sports nutrition at local universities.

A seasoned public speaker and regular guest on local news, Dr. Iverson covers topics ranging from nutrition and exercise to stress management and work-life balance. Committed to an evidence-based, holistic approach, her work highlights the human body's potential through respect, balanced nutrition, and enjoyable movement. Her favorite challenges involve finding nutrition solutions for very busy people who want to live life to the fullest.

Description of Presentation:

This session explores the physiological changes of menopause and the role of nutrition in managing symptoms and supporting long-term health. Dr. Iverson will cover key topics such as managing weight, bone health, hot flashes, and sleep disturbances, offering evidence-based strategies tailored to this life stage. The presentation will also highlight how motivational interviewing can enhance counseling, helping dietitians address the unique concerns of people experiencing menopause. Dr. Iverson will share her personal experience with hormone imbalance and hysterectomy, offering a relatable perspective on the challenges faced during menopause. Participants will leave with practical tools to better support their patients through menopause, focusing on symptom management and healthy aging.

Learning Objectives:

1. Describe the physiological mechanisms of menopause and their impact on overall health.
2. Design personalized nutrition interventions that address specific health concerns during menopause.
3. Integrate motivational interviewing techniques into counseling for people experiencing menopause.