

Staying Healthy During and After Menopause

These tips may help you lower your risk for heart disease and osteoporosis and keep you healthy.



Eat a healthy diet.



Get enough calcium and vitamin D.



Be physically active.



Maintain a healthy weight.



Don't smoke or use tobacco products.

To learn more about menopause visit www.nia.nih.gov/menopause.

The Healthy Woman Better Health Management The Menopause

Patricia Geraghty



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