

# MENOPAUSE

[ TIPS FOR A HEALTHY TRANSITION ]



Staying healthy and attending to bothersome symptoms can help ease the menopause transition.

It's also important to manage the increased risk for **heart disease** and **osteoporosis** that come with menopause.



Take care to:



Quit smoking or using tobacco products, if you currently do.

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Eat a healthy diet, low in fat, high in fiber, with plenty of fruits, vegetables, and whole-grain foods.



Make sure you get enough calcium and vitamin D.



Learn what your healthy weight is, and try to stay there.



Do weight-bearing exercise, such as climbing stairs or dancing, at least 3 days each week for healthy bones. Try to be physically active in other ways for your general health, too.

## Remember:

**Menopause is not a disease that has to be treated.**

But it's a good idea to talk to your doctor about staying healthy and things you can do if symptoms like hot flashes bother you.

Visit [www.nia.nih.gov/menopause](http://www.nia.nih.gov/menopause)  
for more information about menopause.

