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 comes with menopause.

Take care to:

Quit smoking or using tobacco products, if you currently do.
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/health/topics/menopause](http://www.nia.nih.gov/health/topics/menopause) for more information about menopause.