



HEALTH ADVISORY

MENOPAUSE

Menopause occurs naturally between
age 45 and 55.

WHAT CHANGES IN THE BODY?

ESTROGEN DECLINES

BONE DENSITY
DECREASES

SLEEP DISTURBANCES

SLOWER METABOLISM

SLOWER
REDISTRIBUTION

SYMPTOMS

MOOD SWINGS

BRAIN FOG

HOT FLASHES

VAGINAL DRYNESS

WEIGHT GAIN

Staying Healthy During and After Menopause

These tips may help you lower your risk for health problems such as heart disease and osteoporosis.



Eat a healthy diet.



Be physically active.



Get enough Calcium and Vitamin D.



Maintain a healthy weight.



Limit or avoid alcohol and don't smoke.

Source: WORLD HEALTH ORGANIZATION