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# Staying Healthy During and After Menopause

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During the menopause transition and afterwards, hormone changes can raise your risk for certain health problems, such as cardiovascular disease and osteoporosis.

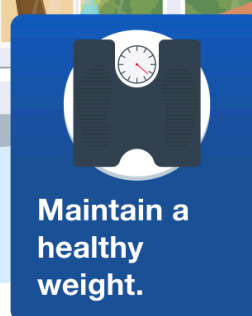
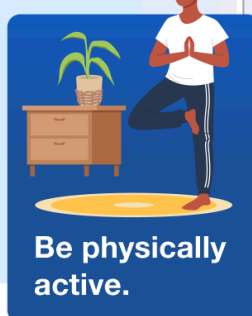
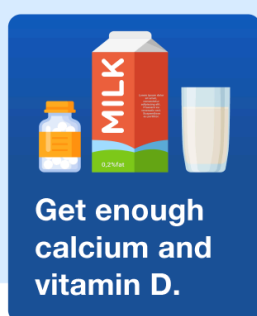
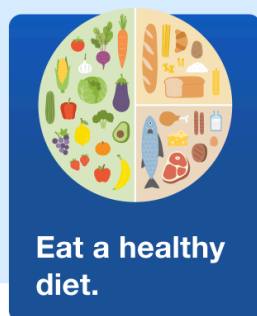
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## Staying Healthy During and After Menopause

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



**To learn more about menopause, visit [www.nia.nih.gov/menopause](http://www.nia.nih.gov/menopause).**



## You may also be interested in

- Learning more about [menopause and its symptoms](#)
- Watching a video on the [signs and symptoms of menopause](#)
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