Fixing “Visual Studio is out of date” Error Message for SQL Server Management Studio on Windows 7

1. Load Windows Explorer (this can be done by clicking on the folder icon or by pressing the Win key and the E key at the same time).
2. Right-click the C:\ drive and choose Properties.
3. Click on Disk Cleanup.
4. Clean up the Temporary Internet Files and whatever else it may list (so long as it is NOT an important system file).
5. Restart SQL Server Management Studio (as well as Visual Studio if you have it up).
6. Log back in and try again.