



Menopause: Staying Healthy During and After Menopause

Why is it important to stay healthy during and after menopause?

Staying healthy before, during, and after menopause can help reduce the risk of problems associated with menopause, including osteoporosis and heart disease. It can also help you start healthy habits that can help you throughout life.

How do I stay healthy during and after menopause?

Staying healthy is easy, although it may require some changes in the way you currently live.

- Do not smoke
- Eat a healthy diet consistent with your current formulations—High in fiber, low in fat, with plenty of fruits, vegetables, and whole-grain foods
- Get plenty of calcium and vitamin D in your diet to help prevent osteoporosis
- Learn what your healthy weight should be and strive to maintain it (your health care provider can help with this)
- Do weight-bearing exercises, such as walking or jogging, or lifting light weights, at least three days a week to maintain healthy bones
- Get regular check-ups from your health care provider, including pelvic and breast exams, Pap smears, mammograms, and colon, rectal, and skin cancer exams
- Focus on your emotional and mental well being by relaxing and spending time with friends and family

Discuss your health care needs and wants with your doctor or physician, who can recommend a health plan that is individualized for you.

