

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## [Menopause: Tips for a Healthy Transition](#)

### **The Menopause Transition**

Download a printable PDF version of the [Menopause: Tips for a Healthy Transition infographic](#) (PDF). [En español](#) (PDF).

During the [menopause transition](#), women may notice troublesome symptoms like [hot flashes](#) or [trouble sleeping](#). Risk for heart disease and osteoporosis increase during this time, as well.

► Learn more about [menopause](#).

Article Source

National Institute on Aging

Source URL

<https://www.nia.nih.gov>

Last Reviewed

Tuesday, January 4, 2022