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

The Menopause Transition

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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.

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Article Source

National Institute on Aging

Source URL

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Last Reviewed

Tuesday, January 4, 2022