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## [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](#).

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