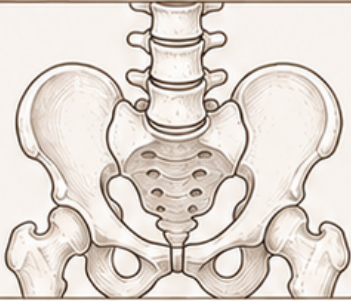




Bone Health Through Menopause™

See what changes, why it matters, and which everyday habits help protect your bones.



WHY BONES CHANGE

Estrogen helps regulate the natural cycle of breaking down and rebuilding bone. As estrogen declines, bone may be lost faster than it is replaced.

THROUGH THE TRANSITION



PERIMENOPAUSE

Bone loss may begin to speed up as hormones fluctuate.



MENOPAUSE & EARLY POSTMENOPAUSE

Bone loss is often fastest during the years around the final menstrual period.

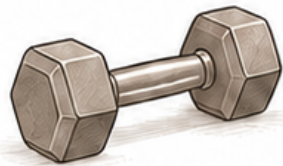


LATER POSTMENOPAUSE

Bone loss usually continues more gradually, while fracture risk is shaped by bone strength, age, falls and personal health factors.

WHAT HELPS PROTECT YOUR BONES

1 Strength Training



Challenge your muscles regularly with resistance that suits your ability.

2 Weight-Bearing Movement



Walking, stairs and appropriate impact activities ask your skeleton to work.

3 Bone-Supportive Nutrition



Include enough protein, calcium-rich foods and vitamin D based on your individual needs.

4 Balance & Fall Prevention



Support balance, vision, safe movement and a home environment that reduces trip hazards.



BONE HEALTH IS MORE THAN A T-SCORE

Muscle strength, balance, fall risk, medications, health history and previous fractures all matter.



ASK YOUR HEALTHCARE PROVIDER

Ask when bone-density screening is appropriate for you, especially after early menopause, a low-trauma fracture, height loss, persistent unexplained back pain or long-term use of medicines that may affect bone.



Martine's Midlife Wellness Tip
Start with one repeatable habit. A short strength session or daily walk practiced consistently can support both bones and independence.

