



Protect your bones, heart & brain

The menopause is a hormone deficiency that leads to increased risk of developing osteoporosis, heart disease, and dementia.

The most effective way to protect your bones, heart and brain is to replace the hormones that your body is no longer producing.

People who take Hormone Replacement Therapy (HRT) have a lower risk of developing diseases including osteoporosis, heart disease, and dementia.

Half the population will go through the menopause. Change is inevitable but how you handle it isn't.

For evidence-based information and support during your menopause journey, download our free **balance** app on the App Store or Google Play.

balance

the menopause support app
by Dr Louise Newson

