



# Symptom: Osteoporosis

## What's Happening

Decreased estrogen levels lead to a loss of bone density and strength, increasing the risk of osteoporosis and fractures.

## What to Do

Consume calcium-rich foods, engage in weight-bearing exercise.

## Supplements

Calcium, vitamin D, magnesium, vitamin K.

## Food to Consider

Dairy or fortified plant-based milk, leafy greens, almonds, sardines (with bones), fortified cereals.

## Lifestyle Changes

Regular weight-bearing exercise, avoid smoking and excessive alcohol.