



# Women's Mid-Life Health Centre of Saskatchewan

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## Frequently Asked Questions



### What health issues are of concern for postmenopausal women?

- Heart disease is the number one killer of women in North America
- Osteoporosis - bone loss is rapid in the first 5 years post menopause
- Cancer of the breast, lung, colorectal, uterus, ovarian

We can reduce our risk for these diseases by the choices we make. If these diseases are a part of our life, there are things we can do to live well in spite of the disease. Check out these websites to find out how.

#### Website Resources:

Heart and Stroke Foundation  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

Osteoporosis Canada  
[www.osteoporosis.ca](http://www.osteoporosis.ca)

Canadian Cancer Society  
[www.cancer.ca](http://www.cancer.ca)

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Support

Inform

Inspire