

What Comes to Mind: Menopause and the Aging Brain?



Prevention is key to reducing the risk of memory loss as women age

After menopause, the risk of memory loss increases, but simple lifestyle changes can help prevent the effects of aging and maintain brain health and alertness

For further information visit www.imsociety.org

International **IMS**
Menopause Society
Promoting education and research on midlife women's health

International Menopause Society,
PO Box 98, Camborne, Cornwall,
TR14 4BQ, UK.

Tel: +44 1409 221307

Email:

leetomkinsims@btinternet.com