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# **Biology of the Perimenopause: Impact on Health and Aging Workshop**

**Environment, hormones, and bones**

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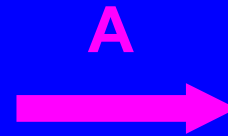
## Environmental Risk Factors

Diet

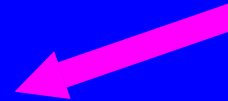
Physical activity

Smoking

“Stress”

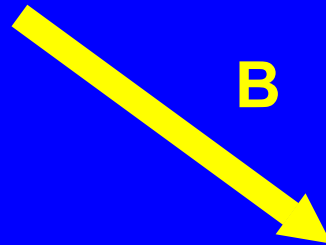


Earlier Menopause



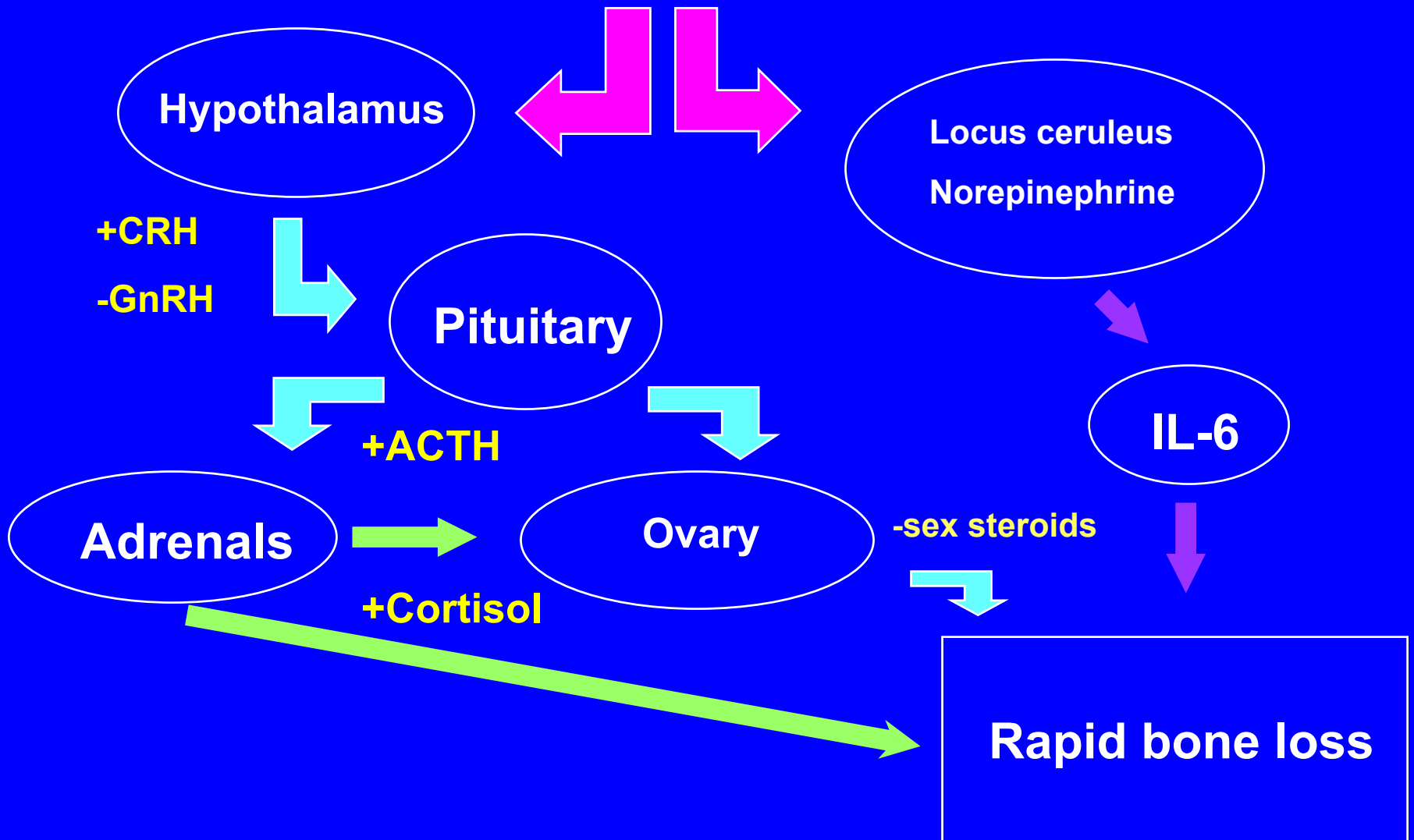
Rapid bone loss

Osteoporosis



Plausible biologic pathways leading to osteoporosis

# STRESS



# Measures of “stress”

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- ◆ Associated with earlier menopause

- SES
- Marital status
- Financial burden
- ?cortisol
- ?other biologic markers

- ◆ Associated with osteoporosis

- SES
- Marital status
- Depression
- High cortisol
- ?other biologic markers



*"That's not the kind of bone loss we talk about."*