

MANAGING YOUR HEALTH: BALANCING RISKS AND BENEFITS

Presenters:

Garnet Anderson, PhD

Andrea LaCroix, PhD

Cyndi Thomson, PhD

WHI Investigators

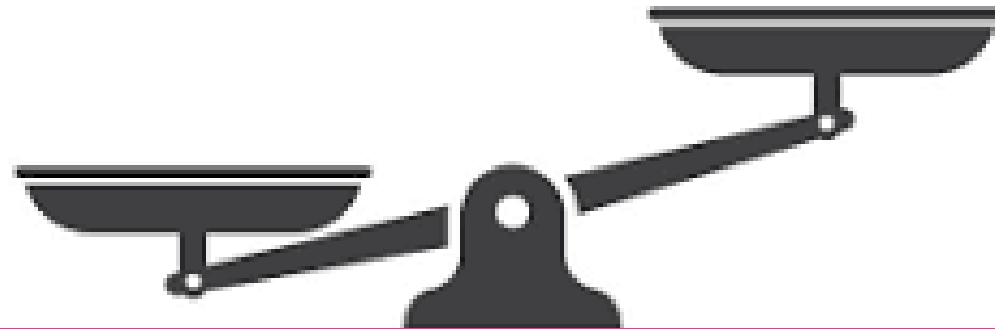


Health is a Balancing Performance





**Health is a Matter
of Balancing Risk
with Benefit**



**Health is a Matter of Balancing:
Risk with Benefit**

Today

- Describe WHI findings in order to help you make your own individual decisions about your health
- Hormone therapy results: Garnet
- Calcium vitamin D results: Cyndi
- Physical activity results: Andrea

Open Question & Answers