References:

1. ACOG https://www.acog.org/

2. Musculoskeletal Symptoms of Menopause

   https://www.tandfonline.com/doi/full/10.1080/13697137.2024.2380363#abstract

3. LIFTMOR study https://academic.oup.com/jbmr/article-abstract/33/2/211/7605709?redirectedFrom=fulltext&login=true

4. Unbreakable (Book; science heavy great for providers but may be too much for the casual reader). *Unbreakable: A woman's guide to aging with power*. Rodale Books.