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30 Health Issues Every Woman Over 30 Should Start Looking Out For  
DON'T LET THESE HEALTH ISSUES SNEAK UP ON YOU



## Incontinence



While the threat of osteoporosis may be scary enough on its own, women over 30 should be on the lookout for one of its more damaging symptoms: broken bones.

“Losing bone density can lead to osteoporosis, a disease in which the density and quality of bones are reduced putting people at heightened risk of fractures,” says **Dr. Niket Sonpal**, a New York-based internist and gastroenterologist and adjunct professor at Touro College. Sonpal recommends getting a bone density scan to check how your bone health measures up.

## Fractured bones



That fast metabolism you enjoyed in your teens and 20s might just have flown the coop by the time you're in your 30s. "During the college years, many people are able to eat whatever they want and barely [gain weight](#) thanks to a super effective metabolism. Regardless of whether your metabolism is fast or just average for your age, it will slow down," says Dr. Sonpal.

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