



WOMEN'S HEALTH

Looking For Alternatives to Hormone Therapy?

(NAPSA)—Recently, the large clinical trial called the Women's Health Initiative found that the risks of hormone therapy significantly exceeded the benefits. Specifically, hormone therapy can increase the risks for breast cancer, heart disease and stroke. Millions of women may have given up hormones based on this news and are looking for other ways of dealing with postmenopausal health concerns.

One of the most prevalent and easily treated of postmenopausal diseases is osteoporosis. Nearly half of all women over 50 will break a bone due to osteoporosis in their lifetime. For the thousands of women who use hormone therapy for osteoporosis prevention, it's important to know that there are nonhormonal alternatives.

The American College of Obstetrics and Gynecology recommends that selective estrogen receptor modulators (SERMs) or bisphosphonates be considered for women who are currently using hormones solely for the prevention of osteoporosis.

Raloxifene HCl (sold as Evista®) is one of the most widely researched therapies in women's health and is approved for the prevention and treatment of postmenopausal osteoporosis. It has been rigorously investigated in a series of evidence-based clinical trials for its effects on bone, as well as on heart disease and breast cancer. The effect of this drug in the risk for cardiovascular events is

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currently under study, and the reduction in the risk of breast cancer has not been established.

Evista is not an estrogen or any other type of hormone. It is a SERM, which prevents and treats osteoporosis, reduces bone fractures, has a favorable effect on lipids, and does not increase the risk of breast or uterine cancers. Risks for osteoporosis include being Caucasian or Asian, slender build, lack of exercise, or a family history of osteoporosis. It is also recommended that your diet include an adequate amount of calcium and vitamin D.

Evista is not for everyone. Women who still can become pregnant, are nursing, have severe liver problems, or have had blood clots that required a doctor's treatment, cannot take it. An infrequent, but serious, side effect is blood clots in the veins. The greatest risk is in the first four months of treatment and extended immobility may add to the risk. The most commonly reported side effects were hot flashes and leg cramps. Side effects with the drug are usually mild, and most women didn't find them serious enough to stop taking it.

For patient information, visit Lilly's Web site at www.evista.com or call 1-800-Lilly-Rx (545-5979).