

Older Is Better

Advice For Dealing With Physical And Emotional Changes As Menopause Approaches

(NAPSA)—Growing older can be an exciting time for women. With the kids out of the house and more free moments, it's the perfect time to take up a hobby, enroll in some classes or travel to new destinations. The possibilities are endless and life changes, such as menopause, don't have to limit your options.

Women entering menopause, usually between the ages of 45 and 54, can experience changes in their bodies and minds which can be confusing and upsetting. A recent national survey by Roper ASW shows that a majority of women (61 percent) do not fully understand the effects of menopause-related estrogen loss on their health and lifestyles. Some of these effects include mood swings, fatigue and memory loss.

"It is no wonder that women feel anxious about menopause-related changes," says Dr. Suzanne Little, Psychologist and Women's Behavioral Expert at the Continuum Center for Health and Healing at Beth Israel Medical Center in New York. "Understanding what causes these changes can alleviate anxiety and taking steps to deal with them can prevent any adverse impact on lifestyle and functioning." Take the time to ask your doctor questions and explore ways with her to address symptoms head on.

Some of the most noticeable effects of menopause appear on the skin. Along with wrinkles and age spots, dryness is the main skin concern of menopausal women. As the skin loses its ability to retain moisture during menopause, dryness becomes an increasingly common problem. Skin needs more



moisture and women need to change their skincare routines accordingly to properly hydrate their skin. Some products, such as the Olay ProVital collection, are specially formulated to give aging skin the extra moisture it needs to look and feel revitalized.

A skincare regimen with products specifically designed for maturing skin will help skin keep its healthy looking youthful glow. This regimen should include a gentle cleanser and a daily moisturizer, such as Olay ProVital Protective Moisture Day Cream with SPF 15. This product reduces the signs of dryness and helps protect skin against the harmful effects of the sun's UV rays. A night cream is also essential to help improve skin's elasticity overnight. According to Dr. Little, "Looking great always makes women feel better about themselves and having radiant skin can be the first step for maturing women to feel fantastic."

For more information on skin health, visit www.olay.com.