



WOMEN'S HEALTH

Tour Helps Women Maintain Healthier Bones

(NAPSA)—There's good news about how women today can take charge of the changes in their lives. New findings about exercise and nutrition, including the benefits of eating soy, show how women can maintain healthy bones and hearts and manage menopausal symptoms naturally. Soy is a key ingredient in a variety of dietary supplements that help maintain health, studies show.

To help, a customized traveling education and health screening vehicle offers free bone density screenings and information. The Novasoy® Natural Power TourSM, organized in conjunction with the American Menopause Foundation (AMF), collects donations at events to benefit AMF educational programs. Last year, nearly 17,000 people were screened and the tour raised \$15,000.

Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million U.S. women and men aged 50 and older. In 2002, over 10 million people had osteoporosis. Approximately 80 percent of these people were women.

Estimated health care costs for osteoporotic and associated fractures were \$17 billion in 2002. Low bone mass causes more than 1.5 million fractures a year, including 300,000 hip fractures.

Research suggests that most people benefit from 40mg to



The 44 million people with either osteoporosis or low bone mass represent 55 percent of the people aged 50 and older in the United States. A soy supplement can help.

90mg of soy isoflavones per day, so eating foods rich in soy, such as soy milk, tofu and chick peas, is certainly important. Unfortunately, one cup of soy milk contains only 30mg of isoflavones. For most women, a dietary supplement containing soy isoflavones, like Novasoy isoflavones, is more convenient.

Novasoy isoflavone concentrate is extracted from soy and is a key ingredient in a variety of dietary supplements available in health food stores and supermarkets across the country. A signature green leaf symbol on the packaging indicates that the product contains genuine Novasoy isoflavones.

To learn more about soy, visit www.novasoy.com or for information on the American Menopause Foundation, call (212) 714-2398 or e-mail menopause@earthlink.net.