

Women's Health **UPDATE**

Manage Menopause...In Style!

(NAPSA)—Women don't have to let their age and menopause define their lives. By making changes such as "hot flash proofing" their wardrobe, wearing "sweat-free" makeup and finding the right treatment option for managing symptoms, women can feel confident, both inside and out, according to celebrity stylist Jeanne Yang and menopause expert Karen Giblin of the Red Hot Mamas.

Giblin served as a judge for the "Red Hot Flashbacks Contest," where hundreds of women across the country shared their funny, embarrassing and touching hot flash and night sweat stories to win a New York menopause makeover. The winner, artist Donna Sherry Boggins of Temecula, Calif., related how during a flight to an important business meeting she managed three different changes of wardrobe as her power suits turned into wet suits. The contest was sponsored by the Red Hot Mamas and Bayer HealthCare Pharmaceuticals, the marketers of ANGELIQ®.

Cool-Down Tips

Working with celebrities who are experiencing menopause symptoms, Yang has perfected her beauty regimen for women who need to "cool down." Her tips include:

- Wear dark clothing because it hides sweat and also slender-



Red Hot Flashbacks Contest winner Donna Sherry Boggins

izes. Dress in layers and peel off as you begin to heat up.

- Select cotton, linen and other light fabrics that are "cool" and dry quickly. Silk might feel wonderful on the skin but it is not as "breathable" as other fabrics and can induce sweat.

- Use blotting papers on your face to get rid of the shine from sweat. They are no bigger than a credit card and are easy to throw in your purse. Powder only the Tzone area; avoid powdering your cheeks and around your eyes since that can make wrinkles appear more prominent.

- Carry an elastic hair band with a decorative design. If you begin to sweat, pull the hair off of your neck in a nice low bun or ponytail. This can look chic with a

decorative hair accessory. Another option is to carry a headband, which can help hide damp hair.

- Invest in great waterproof makeup, especially mascara, which will not run and will stay intact throughout the day.

Managing Menopause Symptoms

In addition to "hot flash proofing" one's wardrobe, there are a number of other options to help women manage menopausal symptoms every day, including lifestyle changes such as maintaining a healthy weight, limiting caffeine intake and exercising regularly. For moderate to severe menopausal symptoms, medical treatment may be an option.

"Women now have more choices than ever before when it comes to menopause relief, so it is important that they talk to their doctors before making treatment decisions," says Mary Jane Minkin, M.D., an obstetrician/gynecologist and clinical professor of obstetrics and gynecology at Yale University School of Medicine in New Haven, Conn. "Hormone therapy options such as ANGELIQ® can offer women effective symptom relief with the innovative progestin drospirenone, which is not available in any other menopause treatment currently on the market."

For more information, visit www.angeliq-us.com.

About ANGELIQ®: ANGELIQ is indicated for women who have a uterus for the treatment of moderate to severe vasomotor symptoms and/or vulvar and vaginal atrophy associated with menopause. When prescribing solely for the treatment of symptoms of vulvar and vaginal atrophy, topical vaginal products should be considered. **ANGELIQ contains 0.5 mg of the progestin drospirenone that has anti-aldosterone activity, including the potential for hyperkalemia in high-risk patients. ANGELIQ should not be used in patients with conditions that predispose to hyperkalemia (i.e., renal insufficiency, hepatic dysfunction and adrenal insufficiency). Use caution when prescribing ANGELIQ to women who regularly take other medications that can increase potassium, such as NSAIDs, potassium-sparing diuretics, potassium supplements, ACE inhibitors, angiotensin-II receptor antagonists and heparin. Consider checking serum potassium levels during the first treatment cycle in high-risk patients.** The most common side effects were upper respiratory infection, breast pain, abdominal pain, headaches, vaginal bleeding, bloating, nausea, vomiting and hair loss. Estrogens with or without progestins should not be used for the prevention of cardiovascular disease or dementia. **Important Information about All Hormone Therapy:** The Women's Health Initiative (WHI) study reported increased risks of myocardial infarction, stroke, invasive breast cancer, pulmonary emboli and deep vein thrombosis in postmenopausal women (50 to 79 years of age) during 5 years of treatment with oral conjugated equine estrogens (CE 0.625 mg) combined with medroxyprogesterone acetate (MPA 2.5 mg) relative to placebo. The Women's Health Initiative Memory Study (WHIMS), a substudy of WHI, reported increased risk of developing probable dementia in postmenopausal women 65 years of age or older during 5.2 years of treatment with conjugated estrogens alone and during 4 years of treatment with oral conjugated estrogens plus medroxyprogesterone acetate relative to placebo. It is unknown whether this finding applies to younger postmenopausal women. Other doses of oral conjugated estrogens with medroxyprogesterone acetate and other combinations and dosage forms of estrogens and progestins were not studied in the WHI clinical trials, and, in the absence of comparable data, these risks should be assumed to be similar. Because of these risks, estrogens with or without progestins should be prescribed at the lowest effective doses and for the shortest duration consistent with treatment goals and risks for the individual woman. Progestogens/estrogens should not be used in individuals with any of the following conditions: undiagnosed abnormal genital bleeding; known, suspected or history of cancer of the breast; known or suspected estrogen-dependent neoplasia; active deep vein thrombosis, pulmonary embolism or history of these conditions; active or recent (e.g., within the past year) arterial thromboembolic disease (e.g., stroke, myocardial infarction); renal insufficiency; liver dysfunction or disease; or adrenal insufficiency. ANGELIQ should not be used in patients with known hypersensitivity to its ingredients or known or suspected pregnancy. There is no indication for ANGELIQ in pregnancy. There appears to be little or no increased risk of birth defects in children born to women who have used estrogens and progestins from oral contraceptives inadvertently during early pregnancy.