



WOMEN'S HEALTH

Menopause: Myths vs. Facts

(NAPSA)—A healthy knowledge of the facts about menopause may help many women feel better as they get older.

Myth: Menopause is something that happens only to women in their 50s.

Fact: While full onset menopause occurs on average at age 52, hormonal changes that cause symptoms from mood swings to hot flashes can start as early as your 30s.

Myth: HRT is the only option available to help women cope with menopausal symptoms.

Fact: Natural supplements can help manage the emotional and physical symptoms of menopause. That's good news to many who have been alarmed by recent findings from the National Institutes of Health (NIH) and the National Cancer Institute (NCI) about the risks associated with the long-term use of certain prescription HRTs, used by six million American women. The studies found that the risk of stroke, heart attack and breast cancer increased significantly in otherwise healthy women taking the combination therapy of estrogen and progestin.

"In the wake of the latest study findings on HRT, more women are turning to natural dietary supplements to support hormonal balance before, during and after menopause," said Craig Larsen, director of research and development for Amerifit Nutrition, whose Estroven brand is the leading women's dietary supplement in the U.S. "Made with black cohosh, soy, a unique blend of calming herbs and essential nutrients such as calcium, folic acid and B-vitamins, Estroven offers a more complete and natural for-

Quiz Questions

1. Which of the following minerals are necessary to maintain proper bone health?

- A. Calcium and boron
- B. Manganese and magnesium
- C. Copper and zinc
- D. All of the above

2. The herb _____ has been shown to reduce hot flashes and night sweats.

- A. Black Cohosh
- B. Echinacea
- C. Ginkgo
- D. Chasteberry

3. True or False: Japanese women often experience a smoother menopausal transition due in part to their soy-rich diets.

Answers:

1. D 2. A 3. True 

mula designed to help women manage their menopausal symptoms such as hot flashes, night sweats, moodiness, irritability and occasional sleeplessness."

"Amerifit Nutrition encourages women to start a dialogue with their doctors and continue this dialogue throughout their menopausal years," added Mr. Larsen.

Used by hundreds of thousands of women, Estroven contains no artificial colors, flavors, preservatives, or common allergens; it's available at leading retailers nationwide. To learn more, visit www.estroven.com or call 1-877-ESTROVEN. To find out how you can receive a rebate offer for Estroven, visit www.estroven.com/womenshealth.html.