

Women's Health **UPDATE**

Put Time On Your Side

(NAPSA)—There's an important first step to improving the quality of life and long-term health for millions of American women. In the medical community, it is well known that menopausal women are at a greater risk for osteoporosis and cardiovascular disease. Yet a national survey of women by Innovative Media Research showed more than half were simply not aware of these risks. The study also showed that most women are not getting an early enough diagnosis to do what they need to preserve their health.

Dr. Laura Corio, OB/GYN at Mt. Sinai Medical Center and best-selling author of "The Change Before The Change," said "early confirmation of menopause is important as it provides women with a sense of control and allows them to be proactive about countering the effects of menopause. By diagnosing the onset of menopause early, treatment can be sought for the relief of stressful symptoms. An early and accurate diagnosis can improve long-term health and offer peace of mind that symptoms, such as mood changes and feelings of anxiety, are associated with menopause and not some other potential illness."

Fortunately, a simple at-home test can now help women accurately check for menopause in pri-



Many women have discovered a simple new test that can help them make the most of a new stage of life.

vate at home. It's easy to use and an attractive, noninvasive alternative to clinical blood testing. When used as directed, it's found to be 99 percent accurate.

At-home testing can empower women by helping them understand when they have entered the next stage of their lives, so they can then discuss the best course of action with their health care provider. Called MenoCheck and from Synova Healthcare, Inc., this first FDA-approved, over-the-counter menopause indicator test is now widely available at Walgreens, Albertson's, Rite Aid, Eckerd and other fine retailers.

For more information, visit www.menochek.com.