



# WOMEN'S HEALTH

## Understanding The Need To Recharge During Menopause

### Recharge During Menopause

(NAPSA)—Do hot flashes, night sweats, fatigue and unpredictable menstrual cycles make you feel that you are out of control? Have you been experiencing mood swings, sleepless nights or memory problems? Are you stressed because you are sandwiched between taking care of your children and your aging parents? If the answer to any of these symptoms is “yes,” then you may be on a wild roller coaster ride known as perimenopause.

Perimenopause is a distinct transition between the reproductive years and the cessation of menses or menopause, according to John Sunyecz, M.D., author of the popular Web site [www.MenopauseRx.com](http://www.MenopauseRx.com).

He comments, “Women usually notice the onset of perimenopausal symptoms in their 40s. Lasting up to six years or more, the peaks and valleys of estrogen production and various environmental factors can contribute to the types and severity of symptoms. For instance, many women overwhelmed with the responsibilities involved in juggling their careers, marriage, children and elderly parents can experience more frequent episodes of memory loss and irritability.”

Although perimenopause and menopause can be confusing, mysterious and uncomfortable, you can view these life events as opportunities for healthy transformation and growth.

### Replenish Yourself

Whether or not you are on any therapies including hormone replacement therapy (HRT), make sure you eat a balanced diet, get the recommended daily allowances for calcium and exercise. U.S. Department of Agriculture consumption data show that a staggering 90 percent of adult women do not get enough calcium to help maintain bone mass and help prevent osteoporosis. Osteoporosis, or porous bone, is a crippling disease that affects 55 percent of



**John Sunyecz, M.D., is an expert on menopause.**

Americans over the age of 50, 80 percent of whom are women.

Women can lose up to 15 percent of their bone mass in the five to seven years following menopause, making them more susceptible to osteoporosis; yet, the disease can begin at an early age. Often called the “silent disease,” most people do not know they have osteoporosis until a sudden bump or fall causes bone fractures, often to the hip, ribs, wrist or spine.

Adequate calcium intake and absorption are essential to maintain life. Calcium plays a major role in building strong bones and teeth. But that's not all; calcium is essential for keeping your heart beating steadily, your blood working correctly and your nerves and muscles operating smoothly. Studies have also suggested that calcium may help to lower the risk of colon cancer, reduce PMS symptoms, lower blood pressure, and may reduce cholesterol.

It is easy to get your recommended daily allowances for calcium if you eat calcium-rich foods and take Os-Cal™ calcium supplements with breakfast and dinner. Os-Cal is the #1 calcium supplement preferred by doctors of internal medicine for women at risk for osteoporosis and is clinically proven effective to help maintain bone mass in more studies than any other calcium supplement brand.

### Reenergize Your Life

Engage in weight-bearing aerobic exercises and strength training to help build bone density, muscle mass, burn calories and fat, and improve balance and energy levels. Olympic gold medalist Peggy Fleming takes Os-Cal calcium twice a day to help keep her bones strong. Peggy is spreading the word about osteoporosis prevention by encouraging women to get enough calcium and vitamin D through a balanced diet and calcium supplements, engaging in weight-bearing exercises such as walking and playing tennis, lifting weights, getting periodic bone density tests and following a healthy lifestyle.

### Reduce Your Stress And Relax

Discover or renew interests, hobbies and activities that fulfill your spiritual, emotional, physical and mental needs. Snack on low-fat, healthy foods, such as raw fruits and vegetables. Engage in stress reduction and relaxation techniques, such as yoga, massages, deep breathing, meditation and prayer. Listen to quiet music to calm your soul. Recharge your batteries and take time to go on a restful vacation.

### Resources

Talk to your doctor, pharmacist and/or nutritionist for advice about your particular calcium needs. Call, toll-free, 1-866-538-3687 ext. 408 to learn more about calcium supplementation and osteoporosis prevention and to register to win a \$100 gift certificate to your favorite spa (no purchase necessary to win). You can also visit the Os-Cal Web site at [www.os-cal.com](http://www.os-cal.com) to learn more about calcium and osteoporosis prevention. Learn more about alternatives to hormone replacement therapy on [www.MenopauseRx.com](http://www.MenopauseRx.com) and [www.remifemin.com](http://www.remifemin.com), the Web site for Remifemin® Menopause, a natural, estrogen-free remedy derived from a unique extract of the black cohosh plant. Log onto [www.lifeline-screening.com](http://www.lifeline-screening.com) to learn more about bone density screening.