

Women's Health

Women Find Info On The Web

(NAPSA)—Many women are taking greater control of their health with help from the Internet and Web sites of medical information.

For example, many women experience water weight retention at certain times of the month. The



Water retention can be an uncomfortable problem for some women.

extra pounds of water can make a woman feel fat and uncomfortable, and make her clothes fit poorly.

One type of oral contraceptive pill, Estrostep, may help reduce water weight gain. The maker of the product cannot say or advertise that Estrostep relieves water retention, because the company has not performed large clinical studies to scientifically prove it.

Many women find out about Estrostep by going online to look for information on preventing water retention. Women can then ask their doctors about it. The result is, thanks to the Web, information is getting to women who need it.