



WOMEN'S HEALTH

Women Seeking Alternatives To HRT

(NAPSA)—Of the more than 40 million menopausal women in the U.S., an estimated 13 million are taking hormone replacement therapy (HRT).

However, many of these women are now looking for alternatives to HRT. Early results of the Women's Health Initiative's five-year clinical study showed small but significant increases in risks for breast cancer, heart attack, stroke and blood clots in postmenopausal women on combination hormone therapy.

Increasingly, menopausal women are seeking advice about safe and effective ways to manage symptoms and improve quality of life. Approximately one-third of women in the United States turn to alternative therapies to treat menopausal symptoms.

Karen Giblin, founder/president of Prime Plus/Red Hot Mamas Menopause Management Education Program, is dedicated to helping women manage this life phase.

"There are alternative options available to manage menopausal symptoms," she says. "Talk with your healthcare provider. Improve your health habits—adopt a low-fat diet, stop smoking and keep active. Be extra careful and take 1,200 to 1,500 milligrams of calcium a day and 400 units of vitamin D to help prevent osteoporosis."

A leading manufacturer of science-based nutritional supplements, TwinLab, offers a complete line of natural options for postmenopausal women who want to switch from HRT to menopause supplement therapy (MST) to address their symptoms and maintain heart and bone health.



Many women are exploring alternatives to hormone replacement therapy.

Women experiencing hot flashes and night sweats may find relief through Today's Woman Menopause Formula with black cohosh. Black cohosh has been shown to reduce incidences of hot flashes, night sweats, insomnia, nervousness, anxiety and a host of other symptoms. Another alternative is MaxiLife Mega Soy Caps, which contains soy isoflavones and helps reduce hot flashes.

For vaginal dryness, natural options include vitamin E, evening of primrose oil, flaxseed oil and soy products. A good night's sleep may be within reach when you take melatonin, kava kava, valerian, motherwort and passionflower.

Remember, nutritional supplements should always be taken under the supervision of a healthcare professional.

For more information on menopause management, log onto www.redhotmamas.org. For more on menopause supplements, visit www.TwinLab.com or call 1-800-645-5626.