

# Women's Health

## Women Share Experiences

(NAPSA)—Discussing experiences, feelings and symptoms related to menopause may help women deal with the transition.



**A new Web site serves as a forum for women in menopause to share their experiences.**

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That's the idea behind a new community blog site that lets women in menopause express their frustrations and gain the support of millions of other women who are going through similar life changes. The site, called [ChangeMenopause.com](http://ChangeMenopause.com), is sponsored by Effisoy ([effisoy.com](http://effisoy.com)), a soy supplement used to help relieve menopause symptoms. It's meant to serve as a vehicle for open and honest exchanges about menopause—a time that, for many women, can be filled with confusion, self-doubt, mixed emotions and challenging physical changes.

The site also provides an education network meant to help women find treatment and product options—and it may even serve as a vehicle for change.

Many women who do not want HRT (hormone replacement therapy) are finding doctors offer them few viable alternatives. To help, the site includes a petition urging Congress to allocate more funds to finance research studies on alternative treatments for menopause.