



# WOMEN'S HEALTH

## Improving Women's Quality Of Life

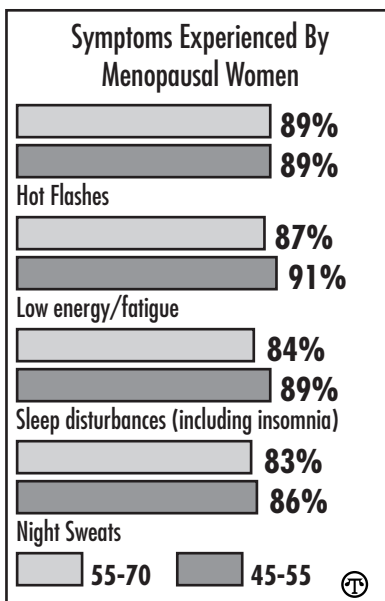
(NAPSA)—A recent survey found that women are often surprised by the degree to which menopause can affect every aspect of their lives. Learning more about this life transition may help reduce potentially negative aspects.

According to the "Menopause Impact Survey," sponsored by Teva Women's Health, Inc. and conducted by Yankelovich Inc., part of The Futures Company, a majority of women reported their menopause symptoms negatively impacted their personal health and well-being (67 percent), sex life (58 percent) and relationship with their significant other (52 percent).

Women may accept menopause as a part of life, but a majority were surprised by the timing of menopause and the impact it had on their lives. Two thirds of women reported being unprepared for the symptoms and impact of menopause. Many women experienced hot flashes, night sweats, emotional symptoms, mood swings and trouble concentrating, which negatively impacted their family, work and social life.

"While women theoretically understand that they will experience menopause, many underestimate the symptoms they may experience and how they will be impacted physically and emotionally," says David Portman, M.D., director and principal investigator of the Columbus Center for Women's Health Research. "Some studies have shown that women can have upwards of a dozen moderate-to-severe hot flashes a day."

Menopause also negatively impacts women on a deeper level—often affecting their well-being, confidence and even self-esteem. Particularly, 87 percent of women



**Many women may underestimate the impact that menopause can have on every aspect of their lives.**

experience anxiety, depression and mood swings, and these symptoms negatively impact their relationships, family life and career.

Because every woman is different, it's important to discuss potential treatment options with her health care provider. Even though only one-quarter of women have tried prescription hormone therapy, 65 percent of these women reported being at least very happy with the effectiveness of the treatment.

Women can go to CopewithMenopause.com to find the Menopause Impact Tool, a simple questionnaire designed to help facilitate a dialogue between a woman and her health care provider. Women can use the tool and print a one-page analysis for their next office visit.