



# WOMEN'S HEALTH

## Tips To Help Women Keep Their Cool

(NAPSA)—Making a few lifestyle changes can help millions of women prevent or minimize the effects of hot flashes.

Women may experience hot flashes for several years, with some women feeling just a little warmer than usual on occasion and others experiencing several uncomfortable episodes throughout the day and even night sweats.

Here are a few steps you can take to reduce them:

- Exercise at least 30 minutes a day.
- Dress in layers so it's easy to cool yourself off.
- Try to pinpoint what triggers your hot flashes. For some women it's coffee, spicy foods or alcohol.
- Soy might help. According to The North American Menopause Society, 40 to 80 mg of isoflavones daily may help relieve symptoms.
- Be sure you get enough sleep. If hot flashes disturb your sleep, talk to your doctor about ways to get adequate rest.
- Don't smoke. Smoking can increase hot flashes.
- If hot flashes are really uncomfortable and nothing you do helps, talk to your doctor.

"If hot flashes are severe and interrupting your life and you are not responding to common remedies or lifestyle changes such as diet and exercise, then perhaps it is time to discuss with your physician prescription options such as low-dose estrogen therapies," says Dr. James Simon, clinical professor of obstetrics and gynecology at George Washington University.

Low-dose estrogen therapies are recommended by many experts in the fields of gynecology and estrogen therapy, including The North American Menopause Society and



**If lifestyle changes do not help alleviate your symptoms, talk to your doctor about the possibility of treatment.**

The American College of Obstetricians and Gynecologists.

"Most physicians recommend that estrogen should be prescribed in the lowest effective dose and for the shortest amount of time to manage a patient's symptom," Dr. Simon adds.

One of the newest ways to deliver estrogen is a fast-drying colorless gel that can be applied to a woman's upper arm or shoulder. One low-dose, prescription-only gel indicated for the treatment of moderate-to-severe hot flashes is called Elestrin.

Another problem associated with menopause is a lack of interest in intimacy. Currently, clinical trials are being carried out on a product called LibiGel, which, if it's approved, may be indicated for low sexual desire in women.

Visit [www.BioSantepharm.com](http://www.BioSantepharm.com) for more information on both these medications.