



WOMEN'S HEALTH

Treating The Challenges Of Aging

(NAPSA)—More and more women are reaching menopause—37.5 million, according to the U.S. Census. Now there's new safety information emerging about hormone treatments.

In fact, the Food and Drug Administration is implementing a nationwide information campaign to raise awareness about the resources available to address questions related to the benefits and risks of hormone therapy for menopausal symptoms.

"Menopausal hormone therapy, like all medications, has benefits and risks, which is why it is important for the FDA to provide the latest, most helpful information to assist women in making the best decision to fit their needs," said Dr. Susan Wood, Assistant Commissioner of FDA's Office of Women's Health. "FDA's main message is: If you choose to use hormones for treating symptoms of menopause, use them at the lowest dose that helps for the shortest time needed."

That's because the Women's Health Initiative found that while hormone therapy can help with hot flashes, vaginal dryness, mood swings and bone loss, it also carries risks. For some women, hormone therapy may increase their chance of getting blood clots, heart attacks, stroke, breast cancer, gall-bladder disease or dementia. Many women who are in the early stages of menopause and are having a lot of symptoms feel better when they take hormones. Hormone therapy may be



New research about hormone therapy can be important to women.

a way to relieve the symptoms of menopause if taken for only a short time and in the smallest amount. Researchers are still studying the long- and short-term effects of hormone therapies on women's health.

**For the latest information/
materials on hormone therapy,
call (800) 994-9662.**

The FDA and its partners are working to distribute education materials to help women make informed decisions about their health. These materials address questions of concern to perimenopausal and menopausal women considering the use of hormone therapy for relief of their symptoms.

Materials, such as printable brochures and a list of questions to take to doctor visits, can be found at www.fda.gov/womens/menopause. For more information about this latest research on hormone therapy, call 1-800-994-9662.