



# WOMEN'S HEALTH

## When It Comes to Their Health, Do Women Have Enough Information?

(NAPSA)—When it comes to menopause, women face tough decisions about their treatment options. These days, with new reports on hormone therapy dominating the news every week, how can women be sure they are making the right choices?

Over the past two years, news about the risks associated with hormone therapy have made it challenging for women to find the best way to relieve the symptoms of menopause. As a result, millions of women, as well as their health care providers, are confused about which treatment options are best for them.

“In the last few years, women have begun to question whether or not to use hormone therapy. For most women, hormone therapy is still a perfectly safe and highly effective option to treat the severe symptoms of menopause,” says Dr. Mary Jane Minkin, Clinical Professor of Obstetrics and Gynecology, at Yale University School of Medicine. “Women should talk with their health care provider to find a treatment plan that is personalized for their needs.”

For years, many doctors have taken a “one-size-fits-all” approach to treating women suffering from menopausal symptoms. However, menopause is a very individualized experience and what is right for some women may not be suitable for others.

With more treatment options available now than ever before,



women need to take a more proactive approach to managing their symptoms by educating themselves. Women should also communicate with their doctors to identify the best treatment strategy for them, based on their individual symptoms and risk factors.

“Different treatments meet different needs,” says Dr. Minkin. “Women who suffer painful vaginal dryness could opt for a localized estrogen tablet. Women who have severe hot flashes or night sweats may want to try a low-dose, plant-based hormone. The important step here is to get information and find an option that works for you.”

Thanks to the advances in treatment, this stage of life can be a new and vibrant time for women, unhampered by hot flashes, night sweats and other symptoms that are commonly associated with menopause. For more information, call 1-800-478-0290.