

# MAKING SENSE OF MENOPAUSE NEWS

## *With HRT On The Hot Seat, Millions Of Women Are Looking For Answers*

(NAPSA)—A series of new research reports are raising concerns about the long-term risks of taking hormone replacement therapy (HRT). This new information has left many women uncertain about the best approach to treating menopausal symptoms.



Tieraona Low Dog, MD, one of the country's leading experts on botanical medicine and integrative approaches to health, answers questions about HRT and reviews alternative remedies to treat menopausal symptoms.

**Q:** There has been so much news lately about HRT. What exactly does the most recent scientific information say?

**Dr. Low Dog:** Recent reports have reversed decades of assumptions about the long-term safety and efficacy of HRT. The reports show that women who take HRT for more than five years may have a slight but significant increased risk of heart disease, stroke, cancer and other conditions.

**Q:** So, does that mean that women who are taking HRT should stop? What about women who are experiencing menopause symptoms and are looking for relief?

**Dr. Low Dog:** First and foremost, women should talk to their doctors. For some women, HRT is an excellent option to relieve short-term menopause symptoms, while others may want to consider alternatives. As you begin to investigate and research your options, remember that lifestyle changes, including quitting smoking, eating a healthy

diet and exercising regularly are an important first-line approach.

**Q:** What are the HRT alternatives? What should women be looking for?

**Dr. Low Dog:** For women who cannot or choose not to take HRT, select herbal remedies can relieve symptoms naturally. It's important to choose wisely, though, since many herbs and extracts have not been widely studied. For example, RemiFemin Menopause, which is made from an exclusive extract of black cohosh, has been studied in placebo-controlled clinicals and can offer significant benefits.

**Q:** What is your advice for women as they begin exploring herbal options for menopause?

**Dr. Low Dog:** There are a few simple steps that women should take when choosing herbals for menopause symptom relief. Always read the package label and any literature provided with the product—there should be information about clinical studies or a phone number you can call if you have questions. You can also do research on the product. Look up the product's Web site and explore other health Web sites, such as the American Botanical Council's at [www.herbalgram.org](http://www.herbalgram.org), to find out more about the product and its ingredients. You can also talk to a healthcare professional who is knowledgeable about herbals.

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For more information on how to select herbal products and tips on how to talk to your doctor about herbal therapies, visit [www.womenswellnessmatters.com](http://www.womenswellnessmatters.com).