



# spotlight on health

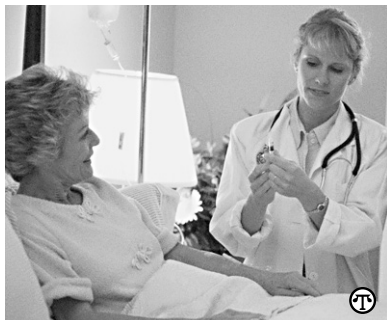
## Women Welcome HRT Alternative

(NAPSA)—Nearly 20 million American women are between age 45 and 55, the U.S. Census Bureau reports. For many of them, recent findings about hormone replacement therapy (HRT) have led to a lot of debate. The good news is, the research is encouraging women to talk to their doctors about how to address menopausal symptoms.

“Before these latest study results, many doctors frequently prescribed hormones for women experiencing the symptoms of menopause, or for protection against heart disease and osteoporosis. Now, with these newest findings from the NIH [National Institutes of Health] study, more women and their doctors will likely consider alternatives to deal with such symptoms as hot flashes, sleep disorders and vaginal dryness,” explains gynecologist Adelaide Nardone, M.D.

Dr. Nardone says that while most women experience a wide variety of changes as their estrogen levels decline, not all women find these changes incapacitating. “Often, a nonprescription product, such as Vagisil Intimate Lubricant, for vaginal dryness, is enough to make a woman more comfortable,” she explains.

The lubricant is a nonhormonal, pH balanced lotion, formulated for a woman’s body and made to provide



**Doctors say women seeking something other than hormone therapy can turn to certain non-prescription solutions.**

instant, long-lasting relief. The light, greaseless lubricant contains both vitamin E and aloe.

Dr. Nardone points out that regular use of a vaginal moisturizing product can help relieve dryness and improve one’s quality of life.

“Every woman should discuss symptoms with her doctor and decide together on an appropriate course of action,” she adds. “Whether you opt for a low-dose HRT for a few years or go a nonhormonal route, it’s a very personal decision based on your medical history and the severity of your symptoms. The good news is that there is help out there in many forms.”

For more information, see your doctor and visit [www.vagisil.com](http://www.vagisil.com).