



WOMEN'S HEALTH

Prepping For Perimenopause

(NAPSA)—For most women, formal education about menstruation begins and ends in fifth grade health class—what might be considered “Periods 101.” By the time many women reach their 30s and 40s, the menstrual changes that occur during *perimenopause*, the transitional stage before menopause, can be a surprise. During this period hormones fluctuate and cause changes to the menstrual cycle.

For exactly this reason, Yale University School of Medicine professor Dr. Mary Jane Minkin developed a follow-up course on menstrual health available at www.periods201.info. In straightforward language, Dr. Minkin educates women about hormonal changes that occur during perimenopause and how these changes can impact menstrual health. In particular, Dr. Minkin discusses a common complaint in perimenopausal women, excessive menstrual bleeding, also known clinically as *menorrhagia*.

“By taking the online course, women learn about the menstrual cycle, what’s normal, what’s abnormal, and how to improve their quality of life by alleviating some of the discomforts of perimenopause,” says Dr. Minkin. “By the time a woman completes Periods 201, she is ready to take control of perimenopause!”

Among many other things, Periods 201 provides an overview of the causes of excessive menstrual bleeding and some treatment options that a woman can discuss with her doctor. In the past, hormones, hysterectomy and

D&C, or dilation and curettage, were the only ways to treat the condition. Periods 201 educates women about newer, less invasive outpatient procedures, such as endometrial ablation, which removes just the uterine lining to reduce menstrual flow.

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**Dr. Mary Jane Minkin,
Professor, Yale University
School of Medicine**



In addition, Periods 201 features online quizzes to help women assess what they have learned about perimenopause at course completion and to recognize the signs and symptoms of excessive menstrual bleeding.

“I want to encourage a woman to note changes to her menstrual cycle so she can talk with a doctor if she suspects a treatable condition like menorrhagia,” says Dr. Minkin. “It’s important to get the word out that today’s women have access to more information and treatment advances than their mothers ever had. Simply coping with this physiological change is not the only option at hand.”

To find out more, visit the Web site at www.periods201.info.