



WOMEN'S HEALTH

More Love, Fewer Hot Flashes

(NAPSA)—Contrary to what many people think, menopausal symptoms do not have to spell the end of sexuality.

In fact, a recent survey found that 62 percent of the women surveyed are finding sex to be as satisfying or more satisfying than before menopause.

A third of the women polled also admitted that they have sex as often, or more often than they did prior to menopause. Many women find that their sexual experience changes in positive ways.

“Menopause is the beginning of a new phase in a woman’s sexuality,” says Dr. Donnica Moore, gynecologist and chairwoman of Vitality. “This can be an exciting time, children tend to be grown, the risk of pregnancy is eliminated and many women find they have time to reconnect with their partners on a variety of levels, including sexually.”

Sexual symptoms are just one of the issues that menopausal women shy away from discussing with their doctors. Three questions that women can use to start a dialogue about sexuality at menopause are:

- What kinds of physical changes can occur with menopause, and how may those changes affect my sex life?

- What can I do to combat vaginal dryness if it makes intercourse uncomfortable?

- What are my treatment options and how should I choose what option is right for me?

Declining levels of estrogen during menopause can cause some women to experience symptoms such as vaginal dryness that may make sexual intercourse uncomfortable or painful. Other reasons

Sexual Satisfaction after Menopause

Many women believe menopause signals the end of sexual satisfaction — recent research indicates otherwise.

Surveys indicate the majority of women reaching menopause enjoy sex as much as they did before, and some women who use hormone replacement therapy find it more satisfying.

Sex after Menopause



For more information, log on to www.menopausehealth.com

Better Sex after Menopause

- 75% said improvement was due to Hormone Replacement Therapy
- 19% said improvement was due to other reasons including kids out of the house, better communication, new partner, etc.
- 7% no answer

Numbers rounded to nearest whole

Source: Vitality: Health and Wellness for Midlife and Beyond

women cited for decreased sexual satisfaction included hot flashes and sleep loss. By replacing estrogen, many women find they can reduce or alleviate these symptoms.

“I feared menopause would mean the end of my sexuality,” said Melissa, a 54-year-old mother and graphic artist who has taken HRT for more than three years. “I was delighted by this new chapter in my sex life—thanks to HRT, I did not suffer unpleasant physical symptoms, and now I don’t worry about contraception.”

“For women who suffer menopausal symptoms including hot flashes, vaginal dryness and sleep disturbances, there is hope,” said Dr. Moore. “Taking HRT to alleviate these symptoms can greatly increase both sexual desire and sexual satisfaction.”

For more information about menopause and sexuality, women should speak to their healthcare provider or log on to www.menopausehealth.com.

Vitality: Health and Wellness for Midlife and Beyond is an educational campaign designed to inform women about the benefits and risks of hormone replacement therapy. The campaign is made possible by an educational grant from Wyeth to the Sapphire Women’s Health Group.

