

WOMEN'S HEALTH

Studies Support Natural Menopause Management

(NAPSA)—A recent medical journal article may offer women a new direction in the management of menopause.

According to *The Journal of the British Menopause Society*, many women would prefer an effective alternative to hormone replacement therapy (HRT) when it comes to relieving menopausal symptoms.

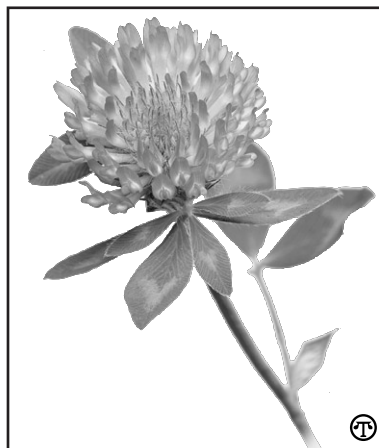
The dramatic fluctuations in estrogen production associated with the onset of menopause results in uncomfortable but not life-threatening symptoms such as hot flashes, mood swings and insomnia. It also is implicated in such serious problems as osteoporosis and heart problems.

Despite the apparent benefits of HRT, researchers estimate that only 10 to 35 percent of women use it. Half of those discontinue therapy within a year because of side effects and concern about long-term use.

There is a growing interest among patients about natural alternatives to HRT.

"There are a number of herbal and nutritional alternatives proposed for the management of symptoms and reductions of health risks among menopausal women," said Dr. Lila E. Nachtigall, professor of obstetrics and gynecology, New York University School of Medicine. "Plant estrogens called isoflavones are very promising."

Studies have shown that women who consume a higher level of isoflavone-rich plants, such as beans, experience fewer menopausal symptoms. However, a supplement may be the most



Red clover contains four important isoflavones considered effective in the management of menopause.

reliable source of isoflavones.

"Red clover is a valuable source of four important isoflavones and clinical data are now accumulating to indicate that standardized extracts may provide a range of health benefits for women," said Nachtigall.

One study showed that a red clover-derived isoflavone preparation called Promensil, given at a dose of 40 mg per day, produced a 75 percent reduction in hot flashes after 16 weeks.

Isoflavones derived from red clover have also been shown to have a positive impact on bone density, cholesterol profiles and arterial health.

Over 1,000 women have been through trials with Promensil with no related product side effects reported. For more information about red clover isoflavones, visit www.promensil.com.