



# WOMEN'S HEALTH

## Program Provides PMS Information, Management Tools

(NAPSA)—For the 46 million American women who experience premenstrual syndrome (PMS) each month, coping with the physical and emotional discomfort can be extremely challenging. Fortunately, there's now an innovative daily regimen that may help make a significant difference in many women's lives.

The exclusive program—"Turn PMS Around—Self Management Program" (PMS/SMP)—is offered free to purchasers of TUMS Calcium for Life PMS, the first and only calcium supplement clinically shown to help reduce both the physical and emotional symptoms of PMS by nearly 50 percent.

PMS/SMP provides booklets, worksheets, charts and weekly e-mails to motivate women to better manage their PMS and track their results. Participants will receive ongoing mailings, which will include updated information and money-saving offers. The program includes four simple steps:

- a. adhere to a daily calcium regimen of two TUMS Calcium for Life twice daily;
- b. increase aerobic exercise;
- c. reduce salt, sugar, alcohol and caffeine intake; and
- d. track your symptoms and mark your daily progress;

"It's so important for women to recognize they can truly take charge of their health and better manage their PMS symptoms through a Self Management Program," said Dr. Susan Thys-Jacobs, Columbia University, lead investigator of the largest PMS

and calcium clinical trial to date. Dr. Thys-Jacobs' research was published in the *American Journal of Obstetrics & Gynecology* and showed that 1,200 mg of daily calcium in the form of TUMS Calcium for Life can help reduce the physical and emotional symptoms of PMS by 50 percent in three months.

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***said Dr. Susan Thys-Jacobs.™***

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"This program encourages women to maintain a balanced lifestyle and to track symptoms on a daily basis using a diary similar to the one I used in my original study. The positive results can truly change a woman's life," she said.

To enroll, women can call 1-800-321-2681 or visit the Web site at [www.tumscalciumforlife.com](http://www.tumscalciumforlife.com) to fill out and submit a form. With each purchase of TUMS Calcium for Life, a five-cent donation will be made to The Society for Women's Health Research. The Society is the nation's only not-for-profit organization whose sole mission is to improve the health of women through research.

Visitors to [tumscalciumforlife.com](http://tumscalciumforlife.com) can also find updated information on PMS and bone health issues. TUMS will give an additional 25 cents, up to \$10,000, every time a visitor clicks onto the Society's donation link on the site.