## Menopause: It can be normal or severe

Coild you please address the sub-ject to menoparase is your column? When does it need treatment? What treatment are available? Thank yor. Mrs. G. 40 Ples Reader Dear Mrs. G./ Most women, going through men-parce do not require any textment and the part of the part of the part of the natural development in the termin life cycle.

Treatment is needed only for so-vero symptoms of menopause. These helded hot flashes, episodes of sweating followed by breathlessness and chills, and vaginal changes. Many doctors prescribe estrogen replacement therapy (ERT) as a mor-jor treatment ERT, using a synthet-ic estrogen, supplements the decreasing amounts of estrogen pro-duced by the body. Estrogen in pill form is most often prescribed for the prevention of esteoperosis. It is ap-

Estrogen therapy can be highly effective but it must be used with caution. The reasons for this are many.

About 10 percent of women who use estrogen experience side ef-fects such as nausea, headaches, vaginal discharge, fluid retentition, swollen breasts, and weight gain.

• Some early studies suggested that breast cancer and heart disease were associated with estrogen use. Current evidence refutes this evi-dence — yet the controversy contin-

• Cancer of the endometrium (lining of the uterus) has been found to occur more frequently in women who use ERT containing estrogen as the only ingredient, compared with untreated women. Present treat-ment usually combines estrogen with progressin (another hormone) and this combination appears to re-duce the risk of endometrial cancer. But even with this improved form of extregen therapy, experts do not yet know if its long-term use is com-pletely safe.

Women who are poor candidates for ERT are those who have had (or now have) heart disease,

gerontology

A. Jolayne Farrell

## EMEAC meeting Tuesday

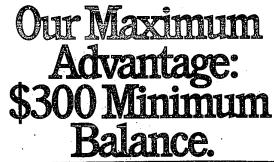
The Eart Michigan Environmental Action Council will host a meeting on "One Environment, Building as "One Environment, Building as "One Environment, Building as "State of State of Stat o.m. Tuesday.

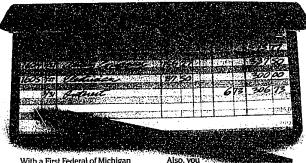
Reynote speaker will be David Hales, director of the Michigan Department of Natural Resources. He will also respond to questions from the audience and a panel representing environmental groups, business-

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