

Menopause from page A18

Statistics, heart disease, the leading cause of death among women, was responsible for 38 percent of fatalities; breast cancer for 5 percent.

HRT provides much greater protection against heart disease compared to the risk of breast cancer.

A good candidate for HRT should consider that as she makes her decision.

Surviving the symptoms

Some women go through menopause without suffering any of the typical symptoms. Others have difficulties. Here are some tips and resources for women, whether they are on HRT or not.

Water, and lots of it. Drinking cold water during a hot flash will lower your body temperature and reduce sweating. Keep a pitcher near your bed and drink eight glasses daily.

Vitamin E (500 IU, once daily). This, according to "Smart Medicine for Menopause" by Sandra Cabot, M.D. (Avery), will help with the problems of dry, itchy skin and vaginal dryness.

She also recommends 5,000 IU of vitamin A or 10 mg of beta carotene, once daily; 50 mg of selenium, once daily; and up to 2,000 mg of vitamin C with bioflavonoids, three times daily.

Exercise. This is vital for women in midlife since, Cabot points out, after menopause the body's metabolic rate decreases.

Exercising also helps metabolize

■ **Theresa Crenshaw, M.D.**, describes the issues that surround menopause in her book, "The Alchemy of Love and Lust" (G.P. Putnam's Sons). Along with the hot flashes and sweat-drenched nights, which are a result of a body gone haywire with less estrogen, she addresses the effect of lower estrogen on sexuality.

estrogen more evenly through the day, meaning less likelihood of the sudden drop in hormone levels that spurs hot flashes.

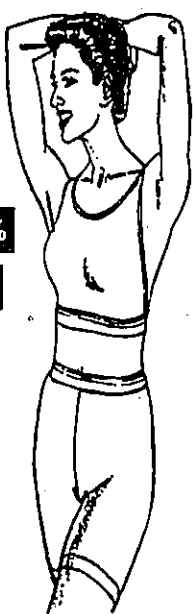
Calcium-rich foods. These help prevent or slow osteoporosis, the most serious long-term consequence of estrogen deficiency. Leafy greens, dairy products, salmon and sardines are good sources.

Diet, in fact, does affect how a woman gets through menopause. Some good books that address nutritional needs of women in this phase of life are: "Recipes for Change" by Lissa DeAngelis and Molly Siple (Dutton), "Eat Well for a Healthy Menopause" by Elaine Moquette-Magee (Wiley) and "Super Nutrition for Menopause" by Ann Louise Gittleman (Pocket Books).

Prevention

According to a recent survey, American women are becoming more actively involved in preventive health-care regimens.

Get enough sleep	83%
Maintain balanced diet	81%
Self-breast exams	79%
Limit exposure to sun	77%
Reduce stress	70%
Take vitamins	65%
Exercise	61%



Source: Femstat 3

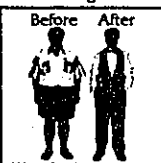
Richard Ashton / Copley News Service

Weight Loss Alert!

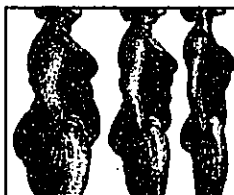
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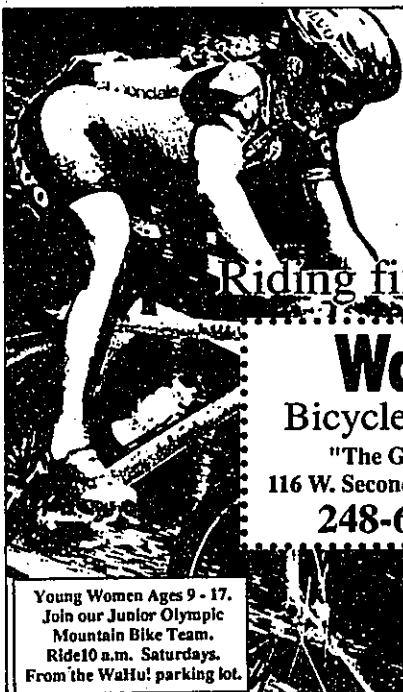


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