

HOT FLASH newsletter*

* Your companion to taking control of your health and beauty during menopause



brought to you
by the authors of
**the menopause
makeover**
STANNESS JONEKOS
with WENDY KLEIN, M.D.

Welcome to our November 2010 Newsletter!
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*Letter
from
the
editor*



Stanness Jonekos

I've Still Got It! **Jeanie Linders** creator of **Menopause the Musical**



After seeing [Menopause The Musical®](#) I could not wait to ask the creator, Jeanie Linders, about her "I've Still Got It!" moment. You are going to LOVE Jeanie's response!

Jeanie is a passionate voice for a generation of women facing more than hot flashes. Her work in entertainment spans three decades, but finding ways to help women connect and support one another is what she focuses on now.

[Read about Jeanie Linders. click here.](#)

Ask the Expert **Should I Take Hormone Therapy?**



Dr. Klein,

HELP, I am so confused about hormone therapy after the latest headlines about breast cancer and hormones. I had a hysterectomy 5 years ago, and my doctor prescribed the Vivelle patch 1.0 mg and I love it. Should I stop using it? I am afraid of getting breast cancer even though it does not run in my family. What should I do?

The headlines about breast cancer associated with hormone therapy use, although recent, do not really represent new data. We have known for many years that HT use greater than 5 years increases breast cancer risk. That said, adverse effects are generally dose related, and all the research showing increased risk was done using doses of estrogen that are 3-4 times higher than what

To kick-start the holidays Jeanie Linders, creator of Menopause the Musical, shares her "I've Still Got It!" moment! I continue to be inspired by our meno-sisters. Let me know what you think fo Jeanie's "I've Still Got It!" moment and leave a [reply here.](#)

Last month the headlines once again added to the confusion over hormone therapy. Co-author, Dr. Wendy Klein, answers one of the many questions we received over this recent media attention.

Karen Giblin, founder of Red Hot Mamas, recently conducted a sleep survey. Her insightful results inspired my recent Huffington Post article, "How to Sleep Through Menopause." [Click here](#) to read and leave your comments.

Chrisandra Shufelt M.D., one of our "Ask the Expert" doctors, decided to analyze the relation between estrogen dose and coronary heart disease risk, stroke, and venous thromboembolism in the WHI observational study of nearly 94,000 postmenopausal women. Make sure to read about her [results.](#)

Stacey from Nederland, Texas won the \$250 October giveaway - congrats!



is used today. [Read Dr. Klien's response, click here](#)

Menopause Health How To Sleep Through Menopause



Being a busy woman, daily exhaustion is normal. Throw in menopausal aging and it was no surprise that I was staring at the ceiling nightly trying to fall and stay asleep.

We have all had sleepless nights, but for millions of post-menopausal women it happens 61 percent of the time, affecting their quality of life and their relationships.

There are two types of insomnia. According to the National Institutes of Health, primary insomnia is its own disorder. A number of life changes can trigger primary insomnia, including long-lasting stress and emotional upset. **Primary insomnia** generally occurs for periods of at least one month.

[Read more](#)

Bone Health 7 Things You Can Do To Build Strong Bones



The numbers don't lie: Osteoporosis is a national epidemic. Approximately one-third of all postmenopausal women have or are developing the "silent disease," which often develops over many years without evident symptoms.

So why should you care? Because osteoporosis ultimately leaves bones weak, brittle, and easily susceptible to fractures -- particularly of the hip, spine and wrist. And since one in five people dies within a year of sustaining a hip fracture, these are numbers that you can't stand to live with. Literally.

[Read more, provided by ThirdAge.com](#)

In the News Lower Doses of Estrogen in Hormone Therapy Carry Less Cardiovascular Risk



Lower doses of estrogen, when used in estrogen plus progestin hormone formulations, such as the transdermal patch, for the treatment of menopausal symptoms are associated with a significantly reduced risk for cardiovascular events, according to research presented here at the North American Menopause Society (NAMS) 21st Annual Meeting.

"Hormone-therapy-prescribing



Stacy and her Mom, Kim, won two free tickets to see Menopause the Musical in Rochester, New York and met the cast. Looks like they had fun!

Karen Giblin turned us on to our monthly sweepstake to win a 5K bedroom makeover. [Check it out!](#)



To spice up this incredible bedroom makeover our favorite [FabOverFifty](#) friends are sharing their "night of passion" giveaway to win a romantic dinner and sexy surprises to get you *in the mood*. [Click here](#) and enter to win this sexy giveaway - ooh la la!

Don't forget to check out the Breast Cancer Awareness Survey results. Most women know how to perform monthly breast self exams, but don't do them because they don't think about it. Read the results and tips to support your breast health, [click here](#).

[ThirdAge.com](#) contributed an excellent slideshow on bone health. Are you taking care of your bones?

Rhonda from our [Facebook](#) community shared a quick, easy-to-make recipe for ladies on the go. It is yummy, healthy and filling. [Click here for the recipe](#). Remember to eat every 4-5 hours, never go hungry. Thanks for sharing your recipe Rhonda! If you have a healthy recipe, [click here](#). Join us to support Rhonda on [Facebook](#) as she shares her Menopause Makeover journey. You can do your Menopause Makeover on Facebook too, and receive coaching from moi and support from our incredible community.

Have a wonderful Thanksgiving Holiday.

guidelines have changed since the results of the Women's Health Initiative [WHI] clinical trials, diverging from treatment directed at chronic disease prevention to treatment directed at menopausal symptom management," said [Chrisandra L. Shufelt, MD](#), assistant director of the Women's Heart Center at the Cedars-Sinai Heart Institute in Los Angeles, California. [Read more...](#)

Stanness Jonckas

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Sweepstake! Register to WIN a \$5,000 Bedroom Makeover



Have you experienced insomnia during menopause? If so, enter the [Take Back Your Sleep](#) sweepstakes for a chance to win a \$5,000 gift card to Crate & Barrel to give yourself the bedroom makeover you've always wanted!

You can also receive updates and information related to insomnia treatment options. Simply complete the following registration information and you'll be automatically entered into the sweepstakes. The winner will be chosen in January 2011. Don't miss this exciting opportunity to finally take back your sleep.

[Click here to register](#)

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