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in this issue

In the News
Dear Crabby
Menopause Survey

Beauty Tip
Make a difference
Let's go shopping

in the news

Consensus statement: Hormone therapy safe in younger women

Statement concluded there is little evidence of increased cardiovascular disease (CVD) risk in younger women taking hormone therapy (HT).

Hormone therapy may be given to women around the age of natural menopause without increasing the risk for coronary heart disease, and therapy may even decrease the risk in this age group, according to a consensus statement by the [International Menopause Society](#).

Further, "HT is not contraindicated in women with hypertension and, in some cases, HT may even reduce blood pressure," according to the statement published in Climacteric.

Read more provided by EndocrineToday...

dear crabby

Stressed out and not in the holiday to-do mood

"Dear Crabby,

It's been a rough year suffering from miserable menopause symptoms. I have gained a lot of weight, I am always cranky, my skin has started to drastically age, my hot flashes hit me every few hours, and I feel like no one understands what I am going through. I am not in the "giving" mood this year, freaking out that I won't get through my holiday "to-do" list, and feeling stressed out.

Bah, Humbug from Minnesota

Read Dear Crabby's response ...

take a survey

For the past 6 years, HT has hardly been out of the limelight, with the publication of two major studies the Women's Health Initiative (WHI) in



Are you ready for change? Whether you are going through "the change" or not, change can be challenging. The past few years I have gone through more change than any other time in my life. I slammed into menopause suffering from hot flashes, cranky moods and weight gain. I hit my fifties, and age was wrapped all over my face and body. These were uninvited changes. Getting married and changing careers were invited, but these changes presented unpredictable obstacles and stress. I also moved when I got married. Relocation and changes in health, relationships, and career are some of the biggest transitions a person can experience.

What did I learn from all this change?
Crossing the bridge from the past to the

2002 and the Million Women Study in 2003 claiming significant health risks from the use of HT and triggering immense interest. Further analysis of the WHI study in April 2007 showed that, for the majority who use HT to control menopausal symptoms, within 10 years of the menopause, these women are more likely to benefit than come to any harm.

Results published confirmed that in fact those women aged below 60 years and less than 10 years past menopause have a lower risk of coronary disease, a lower risk of death from any cause and no increased risk for stroke. It is only in the older age groups where increased risks are seen, ages at which it is unusual to start taking HT. HT is still the most effective treatment available for control of menopausal symptoms and, when used appropriately, is safe. Although for some women stopping HT was the right decision, it is feared that many women continue to suffer unnecessarily from menopausal symptoms such as hot flashes, night sweats, poor sleep, mood swings, joint aches and vaginal dryness and discomfort.

To assess the extent of the effect of women stopping hormone therapy over the last 7 years, a survey has been running on the popular website MenopauseMatters.co.uk.

If you stopped HT since 2002, whatever the outcome, log on and take the survey. It only takes a few minutes to complete and your responses are anonymous.

Contribute to the menopause community and take this survey. Click here...

beauty tips

In with the new, out with the old. How exfoliation can erase years off your face.

Mirror, mirror on the wall, who's the fairest of them at? Well lately - NOT ME!

With the list of menopause symptoms getting longer each month, now my make-up is making me look older. The one time in my life that I want to "hide" behind a full face of make-up hoping age won't find me, just isn't working any more. The fine lines on my face and neck are just getting deeper, no thanks to the lower levels of estrogen in my body. Applying make-up and light powder just makes the lines just look worse. It has gotten so bad that my husband suggested I not wear make-up at all. This story has a happy ending, and it doesn't involve going to a plastic surgeon. Theresa, a dear friend and beauty consultant, suggested exfoliation. Once I started a weekly program of exfoliation, I immediately looked years younger.

What type of exfoliation is right for you? Click here.

make a difference

Make a donation to The North American Menopause Society

For 20 years, [The North American Menopause Society](http://TheNorthAmericanMenopauseSociety.org) (NAMS) has been the definitive independent resource for health professionals and the public for accurate, unbiased information about the health issues relating to menopause.

Your contribution in support of the Society's Mission to promote the health and quality of life of women through an understanding of menopause will make a difference.

Click here to make a difference

From the past to the present was a bit shaky, but now that I am on the other side of the raging river of change, I have never been happier. I have a better understanding on building a stronger bridge to navigate change. The mortar? Don't fight it, don't be angry about it, don't resist it, and don't have expectations- celebrate the unknown. If you do, you will end up where you should be, in the present. This holiday season, I wish you moments of celebration in the present - it can be your greatest gift.

In the news: The International Menopause Society released a consensus statement concluding there is little evidence of increased cardiovascular disease (CVD) risk in younger women taking hormone therapy. Menopause Matters is taking a survey assessing the extent of women who stopped taking hormone therapy over the past seven years. I encourage you to participate. Your information will help the menopause community.

Dear Crabby has holiday de-stressing tips, and the Beauty Tip of the month can make you look and feel years younger - wahoo.

It is the end of the year, and if you wish to make a difference you should donate to The North American Menopause Society (NAMS). Your contribution will help make a difference through supporting research, providing education and helping you or someone you love make informed healthcare decisions through menopause and beyond.

let's go shopping



For the price of a cup of coffee, women can download the myPause iphone app and track menopause symptoms from the privacy and convenience of their phone. Knowledge is power and myPause is a power tool you can use!

The Menopause Makeover endorses a strong patient healthcare provider relationship. myPause gives you a tool right at your fingertips to record and track your menopause symptoms then email this journal to your healthcare provider before your next visit.

It is easy-to-use, and will assist you and your clinician in developing a treatment plan based on your symptoms. Every woman over 40 should own this app!



myPause is Menopause Makeover approved!

[Click here to buy myPause ...](#)

Spoil yourself with a totally cool iphone app that tracks menopause symptoms allowing you to email your healthcare provider. The myPause iphone app rocks, and is easy-to-use, let's go shopping!

Have a wonderful holiday!

[You can buy *The Menopause Makeover* February 1st!](#)



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The Menopause Makeover | www.MenopauseMakeover.com | 4000-D West Magnolia Blvd. | Suite 105 | Burbank | CA | 91505