

MENOPAUSE MUSINGS

THINGS YOU MAY BE WONDERING ABOUT!!

As women, we deserve up to date information to make educated choices for ourselves about mid-life symptoms...**hot flashes, night sweats, insomnia, mood swings, irritability, anxiety, foggy thinking**...and to help educate our friends and loved ones who may be suffering unnecessarily! Stubborn mid-body weight gain is also a concern! Are you aware that your body is trying to make more estrogen in those fat cells...that's why it's so hard to shed weight! These symptoms and more, are brought on by fluctuating and declining levels of estrogen.

Did you know that when a woman has a hot flash or night sweat she experiences a surge of adrenalin...which leads to **anxiety**, her **heart pounding**, and at night being awakened from a deep sleep with her **mind racing**, thus often...**sleep deprivation**? This doesn't have to happen!

What if you learned that estrogen doesn't cause breast cancer...that it is actually breast protective...and cancer protective in most cases?

What if you learned that hormone therapy may protect us from **Heart Disease, Dementia, Alzheimer's, and Osteoporosis**? Hormones may even help lessen the chance of developing **type 2 diabetes**.

What if you you knew your skin would **lose less collagen and elasticity** as you aged, if you were to take hormones?

And what if you realized why some women have **hair loss** in mid-life and beyond - due to their declining estrogen levels, while their testosterone remains more dominant, thus often causing male patterned hair loss and perhaps **adult acne**, and **facial hair**?

Many women are frightened of hormone therapy! That fear is a result of a study that was horribly misrepresented in 2002...and has women wanting to 'tough it out' when, in truth, they need not suffer so! As a result, women may lose out on the full "quality of life" that is rightfully theirs.

Another example...women do not have to 'get used to a **lack of libido**', which often leads to a loss of intimacy behaviors in a relationship because she is simply no longer interested in sex. Restoring estrogen and in many cases testosterone, once the estrogen level is elevated, can restore sexual desire, enjoyment, satisfaction, orgasm, and...diminish **vaginal dryness and pain**. It's a sad fact that 60% of 57 year old women not on hormones are no longer sexually active.

My name is Nancy Siskowic. I am a nurse practitioner, and a menopause specialist. I have been working with menopausal women, and prescribing hormones for the past 25 years. On an almost daily basis I have seen women's lives turned around with education and the initiation of hormone therapy! My work is incredibly satisfying. Mid-life can and should be the beginning of the best years of our lives!!!

Please call for an appointment if I can be of help to answer your questions, fears, or concerns about hormones and menopause! **310-872-4640**

I offer occasional educational seminars at Remedy Pharm, and show an hour long film '**Hot Flash Havoc**' which contains updates by top experts in the field of menopause. Seminar dates are on my website, as are my credentials. I look forward to being of help to you.