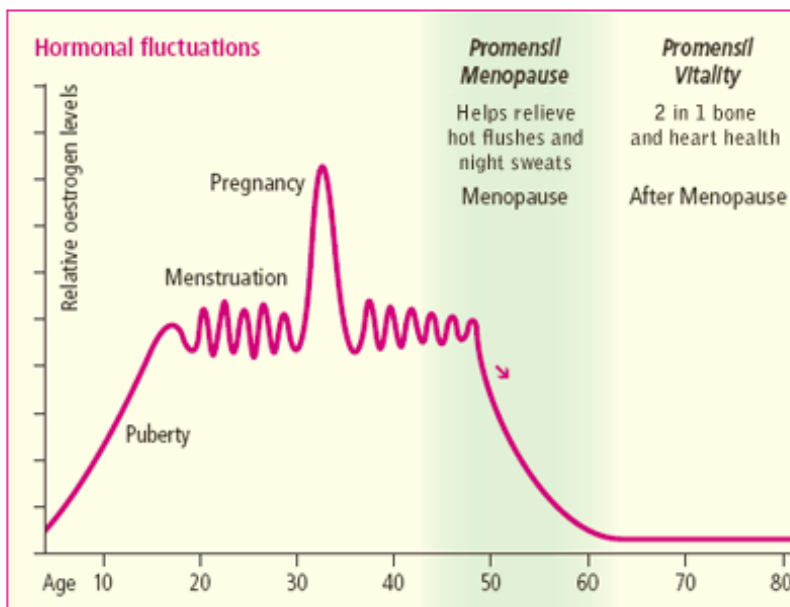


Menopause

Menopause occurs when the ovaries cease producing eggs. This is associated with a gradual decline in estrogen levels. Women usually go through menopause between the age of 45 and 55 years.

Peri-menopause is the time leading up to the final menstrual cycle. During this time, which can last from months to a couple of years, women may experience irregular periods, and symptoms of estrogen decline such as hot flushes and night sweats, mood swings, changes in sleep patterns, anxiety, and irritability.

Post-menopause is the time after the final menstruation. The body eventually adjusts to the lower levels and estrogen, and in most women the acute symptoms like hot flushes will ease. However, there are longer term health concerns such as an increased risk of osteoporosis and high cholesterol which should be regularly monitored.



Common Symptoms of Menopause

- ⊙ Hot flushes
- ⊙ Night sweats
- ⊙ Mood swings
- ⊙ Changed sleeping patterns
- ⊙ Anxiety
- ⊙ Irritability
- ⊙ Dry vagina, skin and hair

Health Concerns During and After Menopause

- ⊙ Decreasing bone density leading to increased risk of osteoporosis. Your risk is higher if you have a family history of osteoporosis.
- ⊙ Increased risk of high cholesterol

Monitoring and Reviewing Treatment

- ⊙ Your doctor would like to review your treatment in _____ months.
- ⊙ In addition, you should be monitored to ensure you are in the healthy range for:
 - bone density,
 - cholesterol.

Management Options for Menopause and Beyond

Prescription Medications

There are prescription medication options, such as hormone replacement therapy, for relieving the symptoms of menopause. Your doctor can give you up to date information about prescription medications that may be appropriate for you.

Natural Alternatives

Many women choose natural relief for menopause symptoms using a dietary supplement.

Promensil is a natural supplement for menopause, which has been shown in clinical trials to

- ⊙ Help relieve hot flushes and night sweats
- ⊙ Improve well-being
- ⊙ Help maintain bone health
- ⊙ Help maintain cholesterol health
- ⊙ Does not cause weight gain

One tablet of Promensil per day contains 40mg standardised isoflavones from red clover. These isoflavones complement the body's declining oestrogen levels around menopause.

Lifestyle and Nutrition

Nutrition.

- ⊙ Calcium is essential for healthy bones and preventing osteoporosis.
- ⊙ The recommended daily intake of calcium is 800-1000mg per day for women aged 31-50 years.
- ⊙ This means having 2-3 serves of dairy food, or supplementing the diet with a calcium supplement.

Exercise. Aim for at least 20 minutes of moderate weight bearing exercise each day. Not only is this good for the body, but uplifting for mood as well.

Relax. Make time to nurture yourself, whether it be through a hobby or meeting with friends. Remember menopause is a natural part of life, just like puberty, menstruation and pregnancy.

Hot Flushes

- ⊙ Hot flushes are a feeling of intense heat, sweating and a rapid heart beat. Hot flushes may cause a visible blush to the skin.
- ⊙ 70-80% of women will experience hot flushed during menopause, however the severity can range from very mild to severe.
- ⊙ Hot flushes are most common on the neck and face, however, they can sometimes be felt over the whole body.
- ⊙ Promensil Menopause has been shown to have the potential to reduce both the number and intensity of hot flushes.

Tips for coping with Hot Flushes

- ⊙ Avoid common triggers such as over-heated rooms, spicy foods, alcohol and caffeine.
- ⊙ Carry moist towellettes or an atomiser of cooling water.
- ⊙ Dress in layers so you can remove them as needed.

For More Information

To discuss menopause or Promensil, phone the Promensil Information Line in your country, or visit

www.promensil.com

Australia: 1300 789 709

Belgium: 0800 48700

Canada: 1 877 417 7663

New Zealand: 0800 668 6436

The Netherlands: 0800 776 636 745

United Kingdom: 0845 603 1021

USA: 1 877 417 7663