

## Making It Through Menopause

Menopause is a normal change in a woman's life, which is why it's often referred to as "the change of life." During menopause, a woman's body slowly produces less hormones – estrogen and progesterone – and her regular menstrual period stops. For most women, menopause occurs between the ages of 45 and 55 years old.

*What are the symptoms of menopause?* The primary symptom is the period will stop. Some women won't have other symptoms, but others may experience: • hot flashes (getting warm in the face, neck, and chest) • night sweats and sleeping problems that lead to feeling tired, stressed, or tense • vaginal changes • thinning of the bones, which may lead to loss of height and bone breaks (osteoporosis). For some women, these symptoms may go away over time without treatment. For other women, their doctor may recommend treatment to prevent bone loss or relieve hot flashes, night sweats, or vaginal dryness.

**To ease the menopause transition:** • Be active and exercise often. • Don't smoke. • Eat right and control your weight. • Have regular check ups with your doctor.

*Source: U.S. Department of Health and Human Services, [www.fda.gov/womens](http://www.fda.gov/womens). For more information, visit the National Women's Health Information Center at [www.4woman.gov](http://www.4woman.gov).*

## Prostate Cancer: Get Checked

More than 234,000 men in the United States will be diagnosed with prostate cancer this year, and each and every one of them will need to make personal and individualized decisions about treatment options and diet and lifestyle changes.

According to the Prostate Cancer Foundation, the older you are, the more likely you are to be diagnosed with prostate cancer. Other risk factors for prostate cancer include: • *Race* – African American men are 61 percent more likely to develop prostate cancer compared with Caucasian men. • *Heredity* – Men with one close relative – father, brother, or son – with a history of prostate cancer are twice as likely to develop the disease. Men with two or more relatives who have it are nearly four times as likely to be diagnosed. (The risk is even higher if the affected family members were diagnosed at a young age.) • *Social and environmental factors* – Diet and lifestyle may be a factor.

*For more information on prostate cancer, read the Report to the Nation on Prostate Cancer: A Guide for Men and Their Families at [www.prostatecancerfoundation.org/guide](http://www.prostatecancerfoundation.org/guide).*



## When It's More Than a Headache

**G**ot a splitting headache? It might be more serious than you think. You could be one of the 14 million Americans with undiagnosed and untreated migraine headaches. Not your run-of-the-mill headache, a migraine represents a neurological and vascular condition that can be debilitating if not treated adequately. Migraines can diminish quality of life, affect social relationships, and reduce work productivity dramatically. Their presence also has been linked to some serious medical conditions, such as strokes and aneurysms. If you suffer from migraines, it's in your best interest to treat them effectively and limit the impact they have on your daily life.



*Is it a migraine or just a headache?* Characterized by intense throbbing pain on one side of the head that becomes worse with movement, migraines also may include symptoms such as nausea and sensitivity to light and sound. Symptoms can last a few hours to a few days. Fifteen percent of migraine sufferers experience auras prior to the onset of pain, which may manifest as vision problems, flashes of light, ringing in the ears, or feelings of numbness and tingling. Although most people with migraines have them only occasionally, a small percentage of people have chronic migraines occurring more than 15 days per month.

*Do you have migraines?* Ask yourself if your headaches have led to any of the following symptoms: • limited activity for at least a day • nausea or upset stomach • sensitivity to light

If you've experienced at least two of these symptoms, you may have more than just a headache. Talk to your healthcare provider to determine whether you're suffering from migraines, and if so, find out how best to treat them.

There are effective medications both for treating acute migraine pain and – if your migraines are frequent or severe – reducing the number of migraines you experience. Your treatment plan also will likely include several lifestyle changes known to help manage migraines, such as eating a balanced diet, not skipping meals, getting an adequate amount of sleep, exercising regularly, and avoiding foods, activities, and experiences that tend to trigger your migraine attacks.

With a good treatment plan, you will be well on your way to minimizing the intensity, duration, and frequency of your migraines – all of which can help reduce the amount of time you spend sidelined from your life with migraine pain.

*To find out which kind of headache you may have, take the RealAge Headache Health Assessment at [http://www.realage.com/health\\_guides/Headache/introduction.asp](http://www.realage.com/health_guides/Headache/introduction.asp).*

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