

WOMEN'S HEALTH

“Red Hot” Ways To Warm Up To Life’s Changes

(NAPS)—Menopause affects nearly 40 million women in the United States and, while it is a natural time of physical and emotional change, it can also be a time of confusion and worry.

The Red Hot Mamas, America’s leading menopause education program, is encouraging women to warm up to menopause by understanding what menopause is and how it can affect the body.



Giblin

Hot flashes and night sweats may be the most common symptoms of menopause. However, perimenopausal and menopausal women can also experience symptoms such as mood swings and trouble sleeping. In fact, a recently published survey (n = 485) by the Red Hot Mamas found that 90 percent of menopausal women questioned noticed a change in their quality of sleep or sleep patterns.

Karen Giblin, founder of the Red Hot Mamas, says, “Women should keep a positive attitude as they experience the menopausal process. By proactively dealing with it and discussing concerns with their physicians, women can

Five “Red Hot” Tips:

1. Exercise regularly to not only maintain weight, but also decrease the severity of hot flashes.
2. Avoid caffeine and alcohol, especially around bedtime. Both can increase the frequency of hot flashes and night sweats and can cause sleep problems.
3. Try keeping a to-do list to keep you organized and on track of your daily tasks. Exercise your mind through word-association games, such as crossword puzzles, to improve your memory.
4. Establish healthy sleep habits, including getting seven to eight hours of sleep each night.
5. If you are experiencing sleep problems, talk to your doctor about a solution that’s right for you. Options include:
 - Lifestyle/behavioral changes
 - Sleep hygiene
 - Prescription/OTC sleep aids

take charge of their menopause before it takes charge of them.”

For more information on how you can warm up to menopause, visit www.redhotmamas.org.