



# WOMEN'S HEALTH BULLETIN

## Women's Mid-Life Health Issues

Today, women are living longer, healthier lives than ever before. And those in their forties and fifties have more options for dealing with symptoms of menopause. If you are experiencing hot flashes, mood swings, vaginal dryness or sleepless nights, don't suffer in silence. Talk with your doctor about treatment choices and lifestyle changes that can help relieve your symptoms.

Despite medical advances for women in this age group, post-menopausal women are still prone to heart disease, osteoporosis, stroke, urinary incontinence and cancer. Fortunately, many of these conditions can be prevented. It's important to speak to your doctor about ways you can lower your risk.

Here are some questions to help you get the information you need to stay happy and healthy in mid-life and beyond. Have them ready during your annual checkup or your next doctor's visit.

List your personal or family history for these conditions and share them with your doctor:

Heart disease \_\_\_\_\_  
Osteoporosis \_\_\_\_\_  
Breast cancer \_\_\_\_\_  
Colon cancer \_\_\_\_\_  
Eye disease \_\_\_\_\_  
Other \_\_\_\_\_

Ask your doctor:

- What is the largest health risk I face? \_\_\_\_\_
- What lifestyle changes would be the most effective in reducing my risk?  
\_\_\_\_\_
- What treatment option(s) are available to reduce my risks of these disease(s)?  
\_\_\_\_\_
- Does the option  
    \_\_ Manage hot flashes/night sweats?  
    \_\_ Treat vaginal dryness?  
    \_\_ Prevent & treat osteoporosis?  
    \_\_ Raise my "good" cholesterol (HDL) and lower my "bad" cholesterol (LDL)?
- Which treatment options would you recommend for me, based on my individual profile?  
\_\_\_\_\_



**HIP**  
HEALTH PLANS

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