Weighing The Benefits And The Risks Of Hormone Therapy

(NAPSA)—To take hormones or not to take hormones? Many menopausal women ponder this question.

There is no doubt that hormones can help relieve menopausal symptoms, but recent studies have highlighted the potential risks of hormone therapy (HT).

In 2002, the Women's Health Initiative (WHI) found that prolonged use of HT with estrogen plus progesterone increased the risk of blood clots and bone fracture. These risks were not offset by any reduction in heart disease.

Since the results of the WHI were first released in 2002, the public has been bombarded with conflicting information on how to interpret the findings, said Nanette Santon, M.D., Director of the Division of Reproductive Endocrinology and Infertility at Albert Einstein Medical College. “This is a complex issue and patients should participate in continuous open dialogue with their physicians to arrive at treatment decisions best for their individual needs.”

Based on the latest research, the U.S. Food and Drug Administration (FDA) recommends that hormone therapy (estrogen plus progesterone) be used to relieve symptoms of menopause at the lowest possible dose and for the shortest time needed to relieve symptoms.

Each woman is a unique individual, so it’s important that she discuss the benefits and risks of hormone therapy with her doctors as they apply to her particular situation.

Menopause management: The benefits and risks of hormone therapy are not the same for every woman.

When seeing your doctor, here are five tips to make the most of your visit.

1. Make a list of your symptoms and prioritize them, including how often you have them and how severe they are.
2. Learn about hormone therapy ahead of time.
3. Think about your own comfort level with the benefits and risks of hormone therapy before seeing your doctor.
4. Prepare a list of questions for your doctor.
5. Document your family health history.

Work with your doctor to re-evaluate your treatment choices periodically so that you can confidently make the best decisions to navigate this period of change in your life.

For more information about menopause, visit www.women.org.

Homemade Lunches Save Serious Bucks

(NAPSA)—You don’t have to be in grade school to brown bag it. In fact, providing your own lunch and forgoing the expense of eating out is turning out to be a smart thing to do at any age. At $5 a day (which doesn’t buy much more than a fast-food meal), this saving of $100 a month or so makes a meaningful difference in your bank account.

But if you think packing a lunch box means suffering through day after day with the same old sandwich, think again. All you need to do is plan ahead and shop wisely. There are plenty of delicious, healthy and convenient foods in the market that make preparing lunches a snap.

Try preparing basic pasta salads, soups and other entrées at the beginning of the week. Add a variety of ingredients to your base as the days roll on. Consider foods such as California Ripe Olives, roasted bell peppers and canned tuna, which will add zip without breaking the bank.

For those who want to get all the cooking out of the way up front, consider Olive and Gruyère Quiche, which is certain to satisfy.

Olive and Gruyère Quiche

4 eggs, beaten
1 cup whole milk, heated
8 oz. sliced Yukon Gold potatoes, blanched
1 cup California Black Ripe Olives, halved
1 cup chopped fresh spinach

This tasty quiche delivers extra flavor with the inclusion of ingredients that include olives, Gruyère cheese, spinach and sliced Yukon Gold potatoes.

½ cup grated Gruyère cheese
1 tsp. chopped sage
kosher salt and ground black pepper to taste
1 (9-inch) prepared pie crust

Directions:
In a large mixing bowl, whisk together eggs and milk. Stir in potatoes, California Black Ripe Olives, spinach, cheese and sage. Season to taste with salt and pepper and pour into prepared pie crust.
Bake in a 375°F oven for 40-45 minutes. Cool on a rack for 15 minutes, then cut into wedges. Serve warm or at room temperature. Serves 6.

Nutritional Analysis Per Serving: Calories 290, Fat 17g, Cholesterol 140mg, Sodium 580mg, Carbohydrate 21g, Protein 11g, Fat from 54%
For more recipes, visit www.calolive.org.

What You Need To Know About Teen Skin Care

(NAPSA)—Parents of teenagers know how difficult it can be for their teen to obtain clear, healthy skin and how much doing so can affect his or her confidence and self-esteem.

The first step to helping teens is knowing the facts. Annit Ring, Director of Training and Development at The International Dermal Institute and Dermalogica, offers clarity on common myths associated with the unique skin challenges that teens often face.

Myth No. 1: Breakouts mean that skin isn’t clean.

Reality: It’s actually the opposite—overcleaning skin with hopes to clear up breakouts only triggers more breakouts by stimulating an overproduction of oil. Overcleaning can cause drying, which leads to sensitivity and results in fewer protective lipids that keep skin healthy.

Breakouts are blocked follicles, caused by excess dead skin cells, dirt, natural oil production and residue of pore-clogging ingredients such as lanolin and mineral oil.

To get skin clean without overstripping or clogging pores, try using a foaming wash with salicylic acid, such as Clean Start by Dermalogica Wash Off.

Myth No. 2: Teens all need to use a cleanser to maintain a clear complexion.

Reality: Excess dead skin cells are usually the root of breakouts. Teens should use a mild nonabrasive exfoliant to slough off dead cells, cleanse twice a day with a clay or antibacterial cleanser, and wipe skin with a medicated or hydrating toner, followed by an oil-free moisturizer or sunscreen.

Try products like Clean Start by Dermalogica Welcome Matte SPF 15 or Brighten Up SPF 15.

Myth No. 3: When shopping for teen care products, teens should only buy oil-free products.

Reality: The two most important qualities that teens should look for are products that are noncomedogenic and do not sensitize skin.

• Ingredients to avoid include D & C dyes, isopropyl myristate, lanolin and mineral oil—all pore cloggers.

• Good ingredients to look for include salicylic acid (to exfoliate dead skin cells and minimize acne formation) and zinc (an antibacterial that regulates oil)

Myth No. 4: Toothpaste dries up breakouts.

Reality: Toothpaste can actually stimulate breakouts on the chin and around the mouth. “Toothpaste is for teeth!”

Products like Clean Start by Dermalogica Hit the Spot are for breakouts. This concentrated spot treatment helps banish blemishes while controlling future breakout activity.

For more information on how your teen can achieve healthy skin and to learn more about Clean Start by Dermalogica, visit www.cleanstart.dermalogica.com.