

Women's Health Initiative; *1 year anniversary*

To mark the 1 year anniversary of the Women's Health Initiative Study, which highlighted possible health risks associated with long-term hormone therapy use for menopausal women, the Canadian Women's Health Network has now made the following documents available online and free of charge....

Frequently Asked Questions, answered in plain language:

FAQ: What is Menopause?

<http://www.cwhn.ca/resources/faq/menopause.html>

FAQ: What is Hormone Therapy (HT)?

<http://www.cwhn.ca/resources/faq/what-is-ht.html>

FAQ: What are the Alternatives to Hormone Therapy?

<http://www.cwhn.ca/resources/faq/alternatives-ht.html>

FAQ: Menopause and Heart Disease; What are my Risks?

<http://www.cwhn.ca/resources/faq/menopause-hd.html>

FAQ: How do I Stop Taking Hormone Therapy?

<http://www.cwhn.ca/resources/afi/stop-ht.html>

*The Pros and Cons of Hormone Therapy: Making An Informed Decision

<http://www.cwhn.ca/resources/hrt/index.html>

In-depth articles:

*Health Protection Measures from the Women's Health Initiative

<http://www.cewh-cesf.ca/bulletin/v3n2/page2.html>

*The Medicalization of Menopause

<http://www.cwhn.ca/resources/menopause/index.html>

*HRT in the News: The Women's Health Initiative

<http://www.cwhn.ca/resources/menopause/hrt-glance.html>

*Challenges of Change: Midlife, Menopause and Disability

<http://www.cwhn.ca/resources/afi/disability.html>

*Natural Hormones - Are They a Safe Alternative?

<http://www.cwhn.ca/resources/afi/n-hormones.html>

*Perimenopause Naturally: An Integrative Medicine Approach

<http://www.cwhn.ca/resources/afi/perimenopause.html>

*Thinking Straight: Oestrogen and Cognitive Function at Midlife

<http://www.cwhn.ca/resources/afi/cognitive.html>

*The Truth About Hormone Replacement Therapy

<http://www.cwhn.ca/resources/hrt-update/truth.html>

*Menopause Home Test: Save Your \$\$\$

<http://www.cwhn.ca/resources/afi/meno-kit.html>

*Recent Studies on Menopause and Pain

<http://www.cwhn.ca/resources/afi/meno-pain.html>

*What The Experts are Saying Now: A Round-Up of International Opinion

<http://www.cwhn.ca/resources/hrt-update/update.html>

*Women and Healthy Aging

<http://www.cwhn.ca/resources/kickers/aging.html>

...and many more!

Check us out at www.cwhn.ca

The Canadian Women's Health Network
Women's Health Information You Can Trust

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Also, many thanks to the Women's Health Clinic, Winnipeg,

<http://www.womenshealthclinic.org/>

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