



CEDARS-SINAI MEDICAL CENTER.

NEWS

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AVAILABLE FOR INTERVIEWS:

- Sheila Y. Bolour, M.D., Assistant Medical Director, Women's Health Program, Cedars-Sinai Medical Center; Certified Menopause Practitioner, North American Menopause Society

CEDARS-SINAI'S NEW MENOPAUSE SUPPORT GROUP TO PROVIDE MONTHLY EXPERT MEDICAL INFORMATION TO WOMEN IN THEIR MID-LIFE YEARS

LOS ANGELES (January 5, 2004) - Considering the volume of research data reported in recent years, it's easy to see why some women - and their physicians - can become confused about how best to manage the symptoms of menopause.

Cedars-Sinai Medical Center's Women's Health Program is announcing the first meeting of a new support group called the PRIME PLUS/Red Hot MamaS®, whose goal is to provide expert medical information and peer support to women, their partners and family members dealing with the changes that occur during the mid-life years. Sheila Y. Bolour, M.D., a certified menopause practitioner and assistant medical director of the Cedars-Sinai Women's Health Program, will lead a discussion entitled "Pause and Effect: The Transition into Menopause" on January 21, 2004 from 6-7:30 p.m. at the Women's Health Resource Center. The free meetings will be held monthly on a variety of topics related to the physical and emotional changes that occur during menopause, a period of transition that women usually experience during their early 40's through their 50's.

"The purpose of these meetings is to create a forum for women to come and ask questions from a medical expert who can help explain the meaning of the research data," Dr. Bolour said. "Data is data, and what's important at the end of the day is how we translate that data into something meaningful for a particular woman."

The January meeting will focus on recognizing the symptoms of menopause, lifestyle changes that can help manage the symptoms and the long-term health consequences associated with menopause. Dr. Bolour will briefly discuss the controversies surrounding hormonal replacement therapy (HRT).

"Many women experience some of the symptoms of menopause – such as mood changes and hot flashes – for up to 10 years before their final menstrual period, and many are told by their families and friends that 'it's all in their head,'" says Dr. Bolour. "A percentage of these symptoms are, in fact, due to hormonal changes – similar to those experienced by teenagers during their puberty years – and can affect women's everyday lives, potentially impacting their risk for disease later," she adds.

The PRIME PLUS/Red Hot MamaS@ is a national menopause management education program founded in 1991 with chapters across the United States. According to Karen Giblin, president and founder, the name "Red Hot Mamas" came from her daughter who came home from school one day and found Karen in the midst of a hot flash, red-faced and all. Her daughter said, "Mom, you're a red-hot mama" and that became the official name.

For more information on the support group or on the Cedars-Sinai Women's Health Program, please call 1-800-233-2771 (1-800-CEDARS1).

Cedars-Sinai is one of the largest nonprofit academic medical centers in the Western United States. For the fifth straight two-year period, it has been named Southern California's gold standard in health care in an independent survey. Cedars-Sinai is internationally renowned for its diagnostic and treatment capabilities and its broad spectrum of programs and services, as well as breakthroughs in biomedical research and superlative medical education. It ranks among the top 10 non-university hospitals in the nation for its research activities.

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