

FOR IMMEDIATE RELEASE

THIS IS NOT YOUR MOTHER'S HORMONE REPLACEMENT THERAPY

PREVENTING MENOPAUSE: HOW TO STOP MENOPAUSE BEFORE IT STARTS

By Beth Rosenshein, ISBN 141208921-2

If Beth Rosenshein has her way, women will be able to choose whether or not they go through menopause.

In her groundbreaking book, *Preventing Menopause*, Rosenshein explains how women can safely make menopause an optional phase of life.

The book outlines how by working together with your doctor, and using the newest and most appropriate hormonal therapy, women can prolong ovarian function and maintain good health. Not only will this program provide birth control, but it will keep a woman's sex drive alive too.

As Rosenshein explains, ovaries are needed for much more than childbearing. "Ovaries have many functions vital to a woman's health, including an integral role in sexual satisfaction, quality of sleep, overall mood, and protection from breast cancer, colon cancer, and heart disease," she says. "When ovaries run out of eggs and fail, which is what happens at menopause, women's bodies are left far more vulnerable to these diseases, with significantly reduced sexual function."

Rosenshein is careful to make the distinction between maintaining ovarian function and fertility. "It is unlikely that fertility will be extended into old age even though a woman would continue to enjoy the health benefits of preventing menopause."

Rosenshein further explains that many people may feel intimidated by the idea of "tinkering" with their hormones. The fact is, this is not really "tinkering" but replacing what the ovaries once produced themselves. The small doses involved are perfectly safe, and are really no different from the treatments doctors use every day to treat any other declining organ in the body in order to help it work at its optimal level.

What people are saying

"I hope women and their loved ones use the information in this book to help them make a reasoned, informed plan that will address what is happening to them in this often difficult time." — Dr. Elena A. Christofides, Endocrinologist (from the Foreword).

Beth Rosenshein continues to work hard to further clarify the poorly understood area of ovarian function. Her tireless research raises excellent questions about the effectiveness of our current medical options. It is a big step forward toward addressing questions that will help us customize care in order to achieve better quality of life for women in the second half of their lives.

— Dr. Scott Eberly, Internal Medicine, Bellevue, WA

Preventing Menopause opens up several new doors in the exploration of women's health. It offers women more choices in how they want to experience menopause. I highly recommend this book to those who are experiencing pre and menopausal related symptoms.

— Libby Yuskaitis, RN, BSN



MEDIA RELEASE

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About the Author

Beth Rosenshein is an electrical/bio-medical engineer and is very familiar with medical research. She holds two United States patents, one for a unique design of a vaginal speculum, and one for a clever urinary collection device specifically designed for women. Beth discovered and documented an important drug interaction between esomeprazole (Nexium™) and testosterone. Her findings were published in a case study in *The American Journal of the Medical Sciences* in May 2004. She petitioned the FDA in August 2003 to change the labeling on hormone products. The petition was granted in September 2004. Beth is also a wife and mother and lives in Seattle, Washington.

Preventing Menopause: How to Stop Menopause Before it Starts is published by Your Health Press. Your Health Press is dedicated to rare, stigmatizing or controversial health topics. For more information visit www.yourhealthpress.com.

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