

Women in menopause can still enjoy sex

Hormone Replacement Therapy alleviates discomfort in sexual intercourse

Most women associate menopause with hot flashes, but what many don't know is that a loss of estrogen may also result in the gradual decrease of sexual drive.

This is due to uncomfortable menopausal symptoms, a changing body image and a lower self-esteem.

While some women may be spared these problems in their 50s,

the odds are they will strike to some degree within a decade of menopause.

Hormone Replacement Therapy is effective in alleviating the unwanted side effects of menopause.

For many women, the number one reason to take HRT at menopause is to improve their sex

lives.

The natural decline of estrogen levels at

menopause can affect sensitivity and blood flow to sexual organs.

It can also cause vaginal dryness and loss of elasticity and lubrication, as the lining of the vagina becomes thin, dry and prone to inflammation.

In some cases, this can lead to discomfort or pain during sexual intercourse.

HEALTH

By replacing missing estrogen with HRT, these symptoms

can be reversed. In fact, studies show that 90 per cent of post-menopausal women surveyed returned to their own normal degree of sexual desire when they began hormone replacement therapy.

Estrogen vaginal cream is another option to increase sexual response

and relieve dryness and discomfort during intercourse.

There are several other benefits of hormone replacement therapy.

Menopausal symptoms, such as hot flashes, night sweats, irritability, occasional depression, dizziness and urinary tract infections, may be relieved by hormone replacement therapy.

HRT also protects against cardiovascular disease and post-menopausal osteoporosis.

HRT offers a variety of benefits to women who experience discomfort during menopause.

For many, an important benefit is the continuation of a healthy and active sex life through and past menopause.

Women who have questions about hormone replacement therapy should speak with their doctor.

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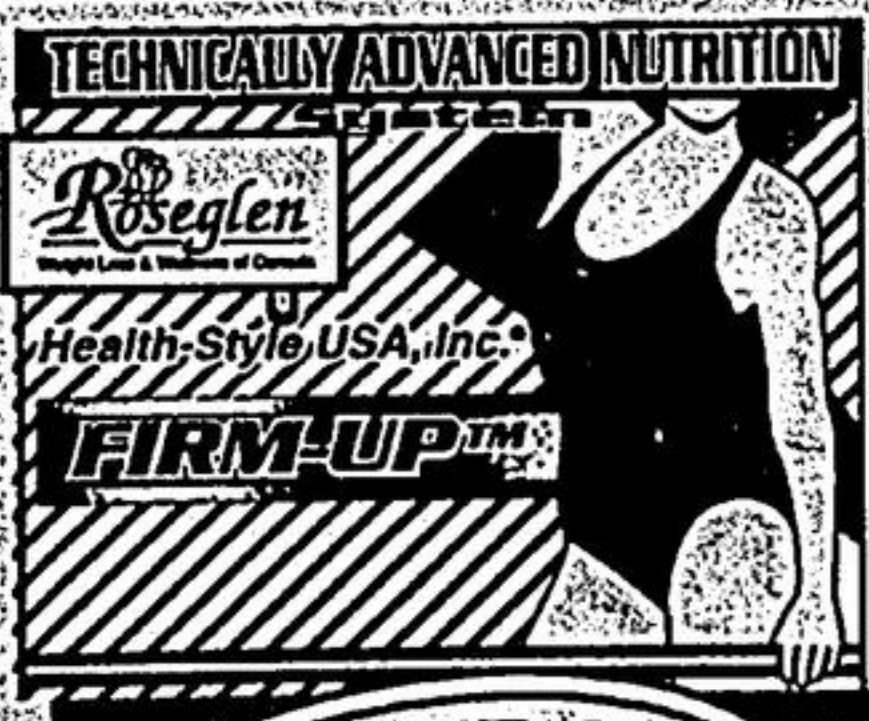
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Elder abuse is common in Canada

The abuse of the elderly is a growing problem in Canada.

In 1989, a landmark study, published by Ryerson Polytechnical Institute, found that at least four per cent of Canadian seniors who lived in private dwellings were abused by family members or close acquaintances each year.

The types of abuse includes physical, sexual, psychological, financial and neglect.

Even worse, many seniors are victims of more than one type of abuse.

And, older women are more likely to be abused than older men, a grim reminder that violence against women spans all age groups.

One Voice, a Canadian seniors network which represents over 500,000 seniors, estimates that in 1991, about 115,000 such seniors were abused.

And, if no action is taken, by 2031, at least 302,000 seniors in private dwellings will be abused.

But, this estimate doesn't even include those seniors who will suffer abuse in health care facilities or by criminals.

While elder abuse is a serious and growing problem in Canada, it often remains hidden and unnoticed.

Many seniors are ashamed or afraid of talking about abuse, especially when they depend upon their abusers for care or companionship.

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