

# Ex-TV show host talking menopause

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Dini Petty is no shrinking violet. Even a flower named after her epitomizes the former TV anchor and talk show host's strength — The Triumph Tulip.

But when she hit menopause, it literally brought Ms Petty to her knees.

Ms Petty has piloted a helicopter while reporting on traffic, given birth to two children and divorced four times, but "menopause is the one that almost killed me".

Ms Petty said she would go through two pairs of pyjamas and sets of bed sheets a night because of night sweats, she'd have 15 to 20 hot flashes a day that would soak the roots of her hair and the vaginal dryness made sex unthinkable.

Like many women, Ms Petty, 66, took hormone replacement therapy (HRT). It worked, but the potential side effects, including an increased risk of ovarian and breast cancer, made her get off it.

The result was not good.

"I'm a strong woman and I ended up on my kitchen floor sobbing. I couldn't take it," she recalled.

So back on HRT she went.

But six years ago, Ms Petty discovered a viable alternative to the drug therapy — Nutrafem.

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"I'd try anything," she said. "It saved my life."

Nutrafem contains the traditional Chinese herb *Eucommia Ulmoides* and an extract of mung beans, according to its website.

Now, Ms Petty is the face of Nutrafem and the voice for

a topic most women would rather not talk about.

Ms Petty will present a free seminar — Hormones and Health for Woman — at the Stouffville Royal Canadian Legion Oct. 19 from 7 to 9 p.m. The event is being presented by Stouffville Pharmasave.

"It's crazy how many of us suffer needlessly," she said. "Suffering is what women have been told to do and are very good at doing it quietly."

Menopause is that transition period in a woman's life, typically between ages 45 and 55, when her body produces less estrogen and menstruation becomes infrequent to nonexistent.

Or as Ms Petty likes to describe it: "when your ovaries have gone to sleep or Argentina."

Night sweats, hot flashes, fatigue, depression, mood swings, low libido, urinary urgency, memory loss, confusion and joint pain are also all part of menopause.

"It effects us so severely," Ms Petty said. "After four or five months of it, you're

exhausted and you don't think straight."

Ms Petty's mother also suffered the ravages of menopause.

"It was horrible to watch and my mother took up drinking to help and that really helped," Ms Petty said in her deadpan humorous way.

Humour, along with

Nutrafem, is how Ms Petty is dealing with her biological transition.

"If I could give every woman a gift, it would be a sense of humour," she said.

For more information on the free seminar, contact Stouffville Pharmasave at 905-642-9595, info@stouffvillepharmasave.com, go to [www.nutrafem.ca](http://www.nutrafem.ca)



**DINI PETTY:** Former TV show host says too many women suffer badly through menopause.



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