

Reports About Sleep Disorders Ignore Impact of Insomnia on Menopausal Women and the Important Role of Therapy.

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PRIME PLUS/Red Hot Mamas(R) Statement

ROSWELL, Ga., March 24 /PRNewswire/ -- Each day, approximately 4,000 women in the United States enter menopause. This stage of a woman's life is most often associated with hot flashes, but insomnia is just as common. In fact, many women report that they find sleep problems more troubling than hot flashes and other menopause symptoms. This problem is compounded by the fact that approximately 30 percent fewer women take Hormone Therapy (HT) today than a few years ago. As a result, more women deal with insomnia, hot flashes, night sweats, and other symptoms that interfere with a good night's rest.

Unfortunately, recent news coverage of sleep disorders has minimized the impact that loss of sleep has on a woman's health and well-being, as well as the importance of getting treated. These reports raise undue questions about sleep disorder medications, and may lead women to think twice about getting help or continuing a treatment that has been helpful.

If you are having sleep problems, be sure to mention them when you discuss your menopause symptoms with your doctor. Your physician can help you find a treatment option that is safe and effective. As with all medications, take any prescribed treatment only as directed and don't hesitate to consult your doctor about any questions or concerns you may have.

In addition, know that you are not alone. Visit <http://www.redhotmamas.org/> to find a Red Hot Mamas education and support group near you. Monthly meetings will put you in touch with other women in your area and provide health resources that will help make menopause truly the prime of your life. Additional resources are available on the Web site, including a monthly Menopause Minute newsletter that addresses your questions about menopause and provides tips for healthy living.

About PRIME PLUS/Red Hot Mamas(R)

PRIME PLUS/Red Hot Mamas(R) is the nation's largest menopause management education and support program. Its mission is to broaden the base of women's knowledge about menopause and empower them to become educated healthcare consumers and active participants in the management of their menopause. The program provides valuable healthcare information and psychosocial support to its members to optimize their health as they approach menopause and beyond.

Prime Plus, Inc. currently offers programs at over 80 hospitals and physician group practices in 29 states. Some of our sites have over 4,000 Red Hot Mamas members.

PRIME PLUS/Red Hot Mamas is recognized by physicians, allied health professionals, consumers and the media as the premier, quality menopause education program.

CONTACT: Karen Giblin, CEO & Founder of PRIME PLUS, +1-770-640-1018

Web site: <http://www.redhotmamas.org/>