

VOLUME 2 • NUMBER 1

Women's Health Digest

A Health Journal For Women

THE BRAIN:

Master of the Body and the Mind

Women To Woman America
222 SW 36 Terrace
Gainesville, FL 32607

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OF ORAL CONTRACEPTIVES**

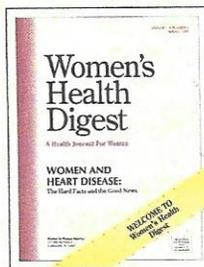
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Women to Woman America

The National Menopause Foundation, Inc., and its newest initiative **Women to Woman America**, were established to give voice to those women asking questions about menopause and other midlife issues.

The mission of the program is to help you achieve a healthy mind in a healthy body in a healthy environment. The services offered in association with **Women to Woman America** have been designed to provide support and information as you experience both physical and emotional changes in your journey through the climacteric years.

Effective June 1, 1995, the **Women to Woman America** program, headquartered in Gainesville, Florida, offers members the following services (National Menopause Foundation, Inc. members will automatically be enrolled in this program):



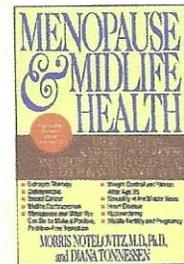
The Digest

Women's Health Digest is our quarterly medical journal for lay women, written by medical experts in simple language. You will receive a free subscription for one year.



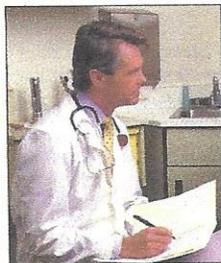
The Hotline

You will be assigned a personal identification number to access our on-line library, **1-800-MENOASK**, with nearly 300 files containing information on menopause and other midlife health issues.



The Book

Receive a free copy of the must-read book for every woman over 35, **Menopause & Midlife Health**, authored by Morris Nodelovitz, MD, PhD, and Diana Tonnessen.



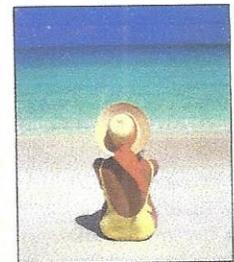
Answers

The Research & Response Program: personal answers to personal questions, provided by practicing physicians specializing in menopause and midlife health. Fee for members is \$20 per inquiry (normally \$50.)



Exercise

Members receive discounts on exercise equipment purchased through **The Fitness Store**. Look for the ad or call 1-800-944-8882, ext. WHD, for more information.



Travel

Twenty-four hour per day access to a travel office dedicated to serving the needs of women. See the insert piece in this issue, or call **1-800-880-TRAVEL** for information on tour discounts and more!

Sign me up!

I would like to join **Women to Woman America**. Enclosed is my check or money order for \$50, made payable to The National Menopause Foundation, Inc., or charge my membership to my VISA card.

Mail to: **Women to Woman America**
222 SW 26 Terrace

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Address _____

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Women's Health Digest

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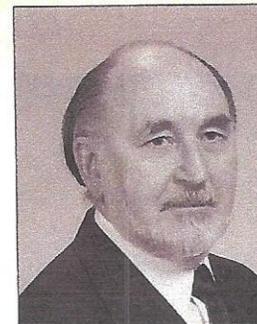
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Articles published in *Women's Health Digest™* are selected to present diverse views of the biomedical, psychological, and sociocultural aspects of the climacteric years. Opinions are not necessarily those of The National Menopause Foundation, Inc., or Women To Woman America, but rather expressions of informed thought on the part of the respective authors. **Articles are not intended to provide personal medical advice, which should be obtained directly from a physician.**



Morris Notelovitz, MD, PhD

Publisher
Women's Health Digest

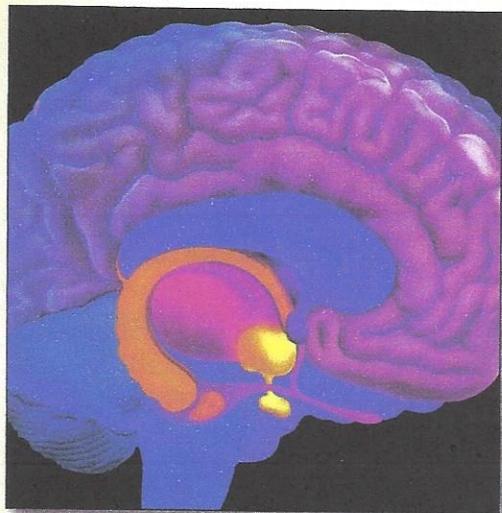
Researchers are gradually unraveling the mysteries of the human brain. Much more still needs to be revealed, but what is already known justifies the designation of the brain as the master organ. Through an intricate system of neurons and their dendrites and axons, chemicals known as neurotransmitters orchestrate a variety of activities—from moving an eyelid to regulating the menstrual cycle to the composition of a symphony. By appreciating how these neurotransmitters interact with one another, physicians are better able to understand such debilitating conditions as depression, and to prescribe drugs designed to correct the underlying defect. For example, one of the most important advances in brain pharmacotherapy is the role that estrogen may play in the prevention of Alzheimer's disease. This and other related subjects are featured in our cover story, "The Brain: Master of the Body and the Mind."

As the *Women's Health Digest* enters its second year of publication, we will continue our mission of providing women with the clinically meaningful state-of-the-art information needed to make balanced health care decisions. The article on the cardiovascular consequences of oral contraceptive use is a case in point. Expert Philip Darney M.D. analyzes this controversial issue and discusses the advantages of oral contraceptives in real life terms.

As in previous issues of the *Digest*, our "In Every Issue" section includes subjects that help to make life more meaningful: Good books, music, art, food, and travel consolidate the improved quality of life we hope you will acquire from being a better informed consumer. To keep those "little grey cells" active, each issue of the *Digest* will now have a New York Times crossword puzzle. To ensure your frustration with unresolved clues does not lead to anxiety or depression, the solution to each puzzle will appear in the same issue of the *Digest*. Try not to peek!

The public response to the first four issues of the *Women's Health Digest* has been most gratifying. It is obvious that the journal has filled a void in consumer education. As publisher of the *Women's Health Digest*, I would like to thank our numerous writers and contributors, including the most recent edition to our group, Aliza Holtz, Ph.D., as well as our Medical Advisory Board, the advertisers who helped make the publication of the journal possible and, of course, you, the subscriber and reader.

COVER STORY THE BRAIN

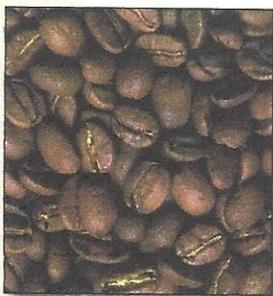


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The human brain is not like any other organ, nor is it like any manmade machine. The longer neuroscientists study the brain, the more complex it seems to be.

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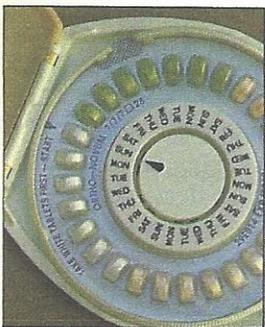
MEDICAL DIGEST

The Thyroid: Keeping the Body's Energy in Balance. page 12
The thyroid gland regulates energy use. Malfunctioning of the thyroid is easy to diagnose and treat. All it requires is a simple blood test.

Caffeine Dependence: Fact or Fiction? page 15
The coffee break is an accepted cultural practice. Excessive caffeine consumption can produce a clinical syndrome known as caffeine intoxication.

Irritable Bowel Syndrome page 19
Female irritable bowel syndrome sufferers outnumber males two to one. A cultural component may explain this gender difference.

Cardiovascular Benefits of Oral Contraception page 22
Oral contraception is here to stay, with over 12 million current users in the United States and 70 million around the world.



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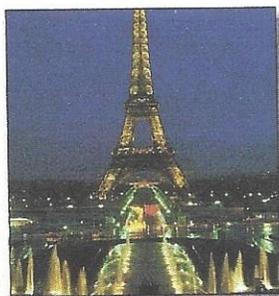
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 Depression is treatable. Between 80 percent and 90 percent of the estimated 9.4 million Americans who suffer from depression can be effectively treated with antidepressants.

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Letters

Dear Editor,

I love your magazine. I am 44 years old and just had a radical hysterectomy and lymph node dissection and cannot take ERT because I had a uterine stomal sarcoma. I'm having a very hard time without estrogen. Your magazine has helped me go on with my life. I refer to your magazine every day.

*Thank you,
Michelle Di Lieto
New Haven, Connecticut*

Dear Editor,

What a blessing to read Women's Health Digest! I spent three hours reading the first issue and enjoyed the presentation of the information. I found the issue to be comprehensive and the articles exceptionally clear. I would like the current issues of WHD and all back issues.

*Sincerely,
Nancy Ann Willie, Newberry, FL*

Dear Editor,

I will take four of Winter 1995. It is the most informative journal I've ever read!

*Thank you,
Priscilla F. Boyer, Noank, CT*

Dear Editor,

I have just received a copy of Women's Health Digest, and find it both timely and comprehensive in its coverage of topics of interest to women. It will be a useful tool for teaching.

I notice with chagrin, however, that your impressive Medical Advisory Board does not include a pharmacist! This is amazing in light of the many, many medication-related issues confronting women in your target age group. Hormone replacement therapy, polypharmacy with chronic disease medicines and the risk of drug interactions, the hope for prevention of dementia, management of depression, treatment of arthritis, immunizations against influenza and pneumococcal disease, new drugs

for osteoporosis, and all the conflicting information in the lay press pertaining to herbal and "natural" remedies are just a few of the topics about which we are regularly asked for advice. Your journal even has a section titled "Pharmacy." You need a pharmacist on your advisory board.

*Jacqueline Gardner, Ph.D.
Associate Professor
University of Washington
Seattle, Washington*

EDITOR'S NOTE: This is a very valid point, and we will satisfy the need for a pharmacist on our advisory board very soon. Thanks for your letter.

Dear Editor,

I have enjoyed many issues of your refreshing and informative Women's Health Digest. This last issue (Volume 1-Number 4) particularly piqued my interest, especially the "women and obesity"

sections.

I enjoyed the variety of aspects covered on the subject, each separated out for a clear understanding of the issues involved. As a woman and as a pharmacist specializing in alternative approaches, these articles covered the range of lay to scientific understandings of today on the matter.

Bravo! Kudos for covering a balanced perspective of "women and obesity."

*Sincerely,
Constance E. Grauds, R.Ph.
Forestville, CA*

The editors of Women's Health Digest are eager to hear what's on your mind. Please write to us at Women's Health Digest 222 SW 36th Terrace Gainesville, FL 32607 or fax your correspondence to us at (352) 372-7941. Letters may be edited for space or content.

Dear Readers,

We would like to offer a wonderful chance to spread the good news about women's health to you and all of your friends. If you and a friend decide to subscribe, your special price will be just **\$19.60 for one year (4 issues)**. This is a savings of over \$8 off the regular subscription price.

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