

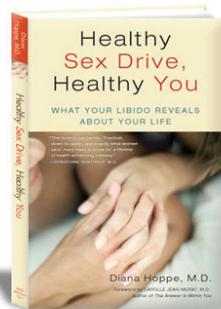
## Mastery, Myths and Facts: Thriving in the Change of Life

Menopause is time in a woman's life when her periods (menstruation) eventually stop and the body goes through changes that no longer allow her to get pregnant. It is a natural event that normally occurs in women age 45–55.

It is also a time of great change and confusion! Not only can menopausal symptoms be incredibly challenging, but also the accompanying hormone therapy.

In this engaging and informative presentation, Dr. Hoppe synthesizes the results of many studies to provide accurate, up-to-date and understandable information for participants to make the best decision about what treatment is best for them.

Dr. Hoppe has over 19 years of clinical experience conducting clinical trials on the effects and treatment of menopause. In her presentation entitled "Mastery, Myths and Facts: Thriving in the Change of Life." Dr. Hoppe clarifies the risks and benefits of hormone therapy. There is no "one size fits all" when it comes to hormone therapy" states Dr. Hoppe.



Attendees to this seminar will leave equipped with this timely information, to make the best decisions so they can grow through the menopause cycle with vitality, energy and a renewed zest for sexual intimacy in their lives.

Topics that will be covered during "Myths, Mystery and Facts: Successfully Living with the Change of Life" include:

### Menopause

- What is it?
- Demographics: Baby Boomers  
Coming of Age
- Most common symptoms

### Options for treatment

- Exercise
- Diet
- Lifestyle changes

### Good News from Recent Studies

### Hormone Therapy

- Vaginal, Transdermal and Oral Therapy
- What are bio-identical hormones?  
Are they safer?

### Important Points to discuss with your physician

- Specific symptoms you are having
- Goals for treatment
- Lifestyle, personal and family history considerations

For more information about engaging Dr. Hoppe to speak for your next event, you can contact her at (760) 635-5600 or email Dr. Hoppe at [drdianahoppe@gmail.com](mailto:drdianahoppe@gmail.com).

You can also visit her website at <http://www.drdianahoppe.com/> to learn more about her speaking topics and watch a video of her in action.