

# Free Public Health Seminar Menopause: What is effective, safe and best for you?



## You will hear that:

- > menopause is a normal part of a woman's life as ovaries cease functioning
- > symptoms vary from none to severe
- > managing menopause symptoms should be based on evidence and safety
- > healthy lifestyle changes can help
- > tailored Hormone Replacement Therapy may be helpful for many women
- > no alternative or complementary therapies have proven to be effective.

## To book contact:

Centre for Health Promotion  
Children Youth and Women's Health Service  
Telephone: 8161 7777  
Email: [michelle.gordon@health.sa.gov.au](mailto:michelle.gordon@health.sa.gov.au)

## Speaker:

- > Dr Alastair MacLennan, Professor and Head of Discipline of Obstetrics and Gynaecology, The University of Adelaide and Consultant, Women's and Children's Hospital

## When:

**Wednesday, February 24, 2010**

Time: 7.15pm – 9.00pm

Venue: Florey Lecture Theatre  
Medical School, University of Adelaide  
Frome Road (eastern side), Adelaide



Government  
of South Australia

SA Health