

on dietary changes, lifestyle choices, environmental factors and hereditary influences that may affect your risk of the diseases that threaten women's health.

Why are women with heart attack symptoms three times less likely to be admitted to the coronary care unit than men with identical symptoms?

Cardiovascular disease is too often thought of as a man's problem, although it kills six times as many women as breast cancer. Women are more likely to have "atypical" symptoms that don't fit the "classic" heart attack profile. Furthermore, stress tests, designed for men, may miss a woman's unique heart symptoms. And when a woman complains of chest pains, doctors tend to think "head" before they think "heart."

WOMEN'S HEALTH ADVOCATE helps you recognize warning signs...communicate effectively with your doctor...and insist upon the gold standard of treatment early enough to make a difference.

**Your trusted guide to confusing information
and conflicting advice.**

WOMEN'S HEALTH ADVOCATE is an unbiased, medically responsible source of information on the unique health issues women face.

From mammography, osteoporosis and ovarian cysts to yeast infections, Retin-A and spider veins, if it concerns your health, you'll read about it in WOMEN'S HEALTH ADVOCATE.

* You'll discover promising new drugs and treatments, like RU-486, the controversial French pill, that may hold promise for the treatment of fibroid tumors and breast cancer, as well as news about herbal and other alternative remedies.

* You'll learn the best ways to stay well, including how little fat your low-fat diet should contain and how phytochemicals (plant chemicals) protect against disease. How much (or how little) exercise is needed to prevent osteoporosis and breast cancer. Whether cutting out alcohol is sensible.

* You'll take a new look at the old thinking on issues like women's sexuality (who says it peaks at 35?) and women's addictions (if they are different from men's, should the treatment differ, too?)

* You'll communicate better with your doctor - the first step to receiving better care. WOMEN'S HEALTH ADVOCATE explores questions like when you should get a

Next page, please...