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Dear Patient, Supporters and Friends,

As predictable as the change of seasons is the back-and-forth that persists between medical experts on the risks v. benefits of hormone replacement therapy or HRT. So if you're enjoying the beginnings of autumn now, some 12 years after the sudden halt of what seemed like the revolutionary Women's Health Initiative (WHI) research, you may find it interesting that current findings show certain flaws in that study. The 2002 report caused a more than 70 percent drop in prescriptions written for HRT, which helped alleviate a myriad of misery-inducing menopausal symptoms for millions of women. Read more about who can be helped by HRT and which patients should avoid it [here](#).

While that debate continues, a breakthrough may be just beginning. The FDA approval of Brisdelle (a non-hormonal treatment) means that women who have suffered through embarrassing and intense hot flashes and night sweats now have a path to relief. In fact, 80 percent of menopausal women are bothered to some degree by these so-called vaso-motor symptoms (VMS) and up to now the only approved treatment has been HRT, which can be problematic for some groups of women. I can't hide my excitement about this the Brisdelle research has been a big part of my work for several years, and I'm proud and humbled to have authored the pivotal study which was just published in the journal Menopause (October). [Find out the details here](#).

And finally, Greek researchers have come up with an economic argument for more frequent sex. Researchers in that economically complicated country have found having sex a minimum of four times a week is linked to higher earnings. They're not saying there's any evidence that one causes the other, but the mere presence of a statistical link is interesting and likely a new point to be made in the bedroom bargaining that sometimes accompanies the request for sex, from either partner. Read about the findings [here](#).

Enjoy the changing of the leaves and whatever transformations you may be going through. And please remember that if you are troubled by any symptoms associated with the natural transition beyond a woman's reproductive years, help is available. Please call my office to make an appointment.

James A. Simon, MD, CCD, NCMP, IF, FACOG

Lucy Davies Treene, MSHS, PA-C

Carol J. Mack, MPH, MSHS, PA-C

HRT Bounceback

Eleven years after frightening findings in the Women's Health Initiative caused so many women to abandon hormone therapy, medical practitioners continue to find benefits of hormone replacement therapy (HRT) for a wide variety of patients. [Read more](#).

More Sex Equals More Money

New research provides an additional benefit of frequent sexual activity-higher earnings. So says a Greek researcher who reports that people who have frequent sexual activity made about five percent more money than those who have less. [Read more.](#)

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