



MEDIA RELEASE
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Making your 40s fabulous: your hormones, your libido, your health

Women are invited to attend Family Planning Queensland Gold Coast Education's free health information seminar on the evening of September 1, 2010 at Bond University in Robina.

The national organisation *Jean Hailes Foundation for Women's Health* has joined with *Family Planning Queensland (FPQ)* to feature Australia's leading women's health experts in a special presentation to women across Australia.

Jean Hailes gynaecologist Dr Elizabeth Farrell, Sexual Health Physician Dr Rosie King and Dr John D'Arcy will provide women with the latest evidence-based information on some of the health issues that face women in their 40s.

"Many women going through the perimenopause -- or time prior to menopause -- feel as if they are on a roller coaster as they experience changes to their hormone levels, their periods and their emotions. They are not necessarily expecting these changes and sometimes wonder if what they are experiencing is normal," explains Dr Farrell. "This perimenopause phase is unique for every woman and their symptoms will vary greatly. Women need to be informed about this important time of their lives so that can enjoy their 40s and start to make plans for a healthy future," she says.

FPQ Gold Coast Coordinator Shona Charters explains, "This is a terrific opportunity for women to explore some of the health issues they may be facing and help them make important choices in their 40s to ensure their long-term health and wellbeing. We encourage women to come along to hear about the latest research from experts in the field and to be part of a fantastic national event."

The Jean Hailes Foundation for Women's Health The Jean Hailes Foundation for Women's Health is an independent, not-for-profit national organisation, caring for the health and wellbeing of Australian women through education, research and clinical care.

For more information or interviews with the speakers or organisers, please contact Ms Shona Charters from FPQ Gold Coast on (07) 5531 2636 www.fpq.com.au or Aleeza Zohar from the Jean Hailes Foundation for Women's Health on (03) 9562 6771 or 0425 758 729 www.jeanhailes.org.au

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