

# Aging event promises straight talk

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Dr. Marla Shapiro hopes to debunk some of what the celebrity experts have told you about menopause.

“There is so much nonsense at the celebrity end, not based in evidence,” she said.

Dr. Shapiro also wants to de-mystify popular terms and explain what is true, versus what is just told in the headlines.

She is the keynote speaker Nov. 10 at the 5th annual The Joy of Aging 2013 – What Your Mother Never Told You.

Dr. Shapiro will give a talk titled Menopause - Behind the Headline News.

“Women are truly confused,” she said in an interview yesterday. “The only way you can be proactive is to truly understand the issues at hand,” she said.

She will explain what is known versus what is merely anecdotal about menopause.

Her talk will last about 40 minutes. At the end, she will take questions.

“The only dumb question is the question you don’t ask,” she said.

She used as an example bio-identical hormone replacement therapy, a therapy used to treat the symptoms of menopause.

Also known as BHRT, it uses hormones from plants such as yam and soy. The therapy has grown in popularity because of fears over risks from traditional hormone replacements, derived from the urine of pregnant horses.

The use of standard hormone therapy for women plunged after a study in 2002 linked it

with an increased risk of breast cancer.

Women using BHRT therapy say they feel more comfortable with bioidenticals because they consider them more natural. The support of celebrities, such as actress Suzanne Somers has increased its popularity.

The upcoming fundraiser is a unique morning of speakers and activities devoted to healthy aging. The Sunday event runs from 9:30 a.m. to 1 p.m. at the Riviera Parque dining, banquet and convention centre in Vaughan.

Dr. Shapiro is host of CTV’s Dr. Marla and Friends and author of best-selling book Life in the Balance: My Journey with Breast Cancer.

We hear lots about menopause, said event co-chair and co-founder Janine Purves.

One of the lessons from this event may be that menopause is not all bad.

“We all hear horror stories. Headlines sell papers. The reality is not as harsh. Much of it is manageable. We don’t necessarily suffer all the symptoms we hear about. It is a time of empowerment,” Ms Purves said.

You will learn about healthy ways of managing the changes, she said.

More than 350 women attend the fundraiser each year and have helped raise \$115,000 for the Mackenzie Richmond Hill Hospital (Formerly York Central Hospital).

The day will also include a fitness break, live music and other activities, such as a Latin dance performance. Single ticket is \$75 or table of 10 is \$650.

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Visit [thejoyofaging.ca](http://thejoyofaging.ca) for full details on the event.