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**Hot Flash Havoc, a Movie of “Menopausal Proportions”, begins its U.S.
Nationwide Roll-out in Grand Rapids on November 16**

*Grand Rapids Women’s Health hosts the movie debut event called
Ladies.Night.Out. at Celebration Cinema North*

GRAND RAPIDS, MI (October 12, 2010) – Women in West Michigan will be among the first in the nation to see a new movie that humorously yet accurately portrays the process of menopause from recognized experts in women’s health from across the United States. The new movie, [Hot Flash Havoc](#) will debut in Grand Rapids at Celebration Cinema North on November 16 from 7 – 9:30 p.m. at an event entitled **Ladies.Night.Out.** At the event, the one hour long **Hot Flash Havoc - a film of Menopausal Proportions** will be followed by a dessert reception and an expert physician panel discussion with those who attend. Tickets are available for \$20 through Grand Rapids Women’s Health at 616-588-1202.

See www.grandrapidswomenshealth.com/hotflashhavoc for more information.

The movie [Hot Flash Havoc](#) will be shown at the event titled **Ladies.Night.Out.** Executive Producer and creator of **Hot Flash Havoc**, Heidi Houston, will be present at the event.

The event will be hosted by [Grand Rapids Women’s Health](#). The panel of physician experts will include Dr. Robyn Hubbard, Dr. Adam Blickley, Dr. Robert Bowes, Dr. Michael Bennett, and Dr. Rodman Taber.

Hot Flash Havoc was inspired by [Executive Producer Heidi Houston](#). When Houston began to have issues relating to menopause and couldn’t get answers, she decided to pursue the goal of creating a film in order to help all women know the most up-to-date and factual information about menopause. She wanted to create a film about menopause that is factual and authoritative, yet is humorous and fun. Experts in the film include doctors, clinicians, researchers, journalists, and spokespersons from women’s health foundations – leaders in the fields of Women’s Sexual Health, Heart Health, Bone Health, Mental Health, and Physical Health.

In April 2009, Grand Rapids Women’s Health, a leader in women’s health care in West Michigan hosted Dr. Alan Altman, President of the International Society for the study of Women’s Sexual Health for a public seminar. At that time, women from West Michigan flocked to Grand Rapids Women’s Health located in the Women’s Health Center of West Michigan where Dr. Altman revealed that a new movie would be coming out in 2010 called **Hot Flash Havoc**. Since that time Grand Rapids Women’s Health has been following the production and working with Executive Producer Heidi Houston to have the movie premiere’s nationwide roll-out take place in Grand Rapids.

HOT FLASH HAVOC is an enlightening, entertaining, humorous, profound, and is a crash-course in what women need to know about menopause. **HOT FLASH HAVOC** is the most provocative and revealing film ever made about menopause. For the first time this film sets the record straight about the Women's Health Initiative study released in 2002, which misrepresented that the hormonal replacement therapy being used by millions of women to treat the symptoms of menopause could actually increase the risk of heart attacks and cancer. This misinformation caused confusion, hysteria, and fear among women as well as healthcare providers, endangering the health and well being of millions of women, many of whom flushed their hormones down the toilet. This film not only sheds insightful light on the confusion stemming from a decade of misguided facts, but conveys poignant personal stories shared by real women and in-depth interviews with the world's most noted experts. **HOT FLASH HAVOC** provides compelling information about menopause that will empower women for the "Second Act" of their lives.

Find out why "THE HEAT IS ON" about:

- Understanding Peri-menopause, Menopause, & Post-menopause
- Understanding Hormones: Estrogen, Progesterone & Testosterone.
- Being Sexual & Having Orgasms into Your 80's
- Sex Drive vs. Loss of Libido
- Vaginal Pleasure vs. Vaginal Dryness
- Alert Mind & Memory vs. Dementia
- Maintenance of Memory & Brain Function
- Bone Health vs. Osteoporosis
- Heart Health vs. Heart Attacks & Strokes
- Positive Outlook & Moods vs. Depression & Mood Swings
- Restful Sleep vs. Sleeplessness & Fatigue
- Skin Rejuvenation vs. Dry Skin
- Vitality & Energy vs. Fatigue & Weight Gain
- Keeping Membranes Moist: Eyes, Nose, Mouth, & Vagina
- Healthy Bladder Functions vs. Incontinence
- Healthy Hair vs. Hair Loss
- Healthy Joints vs. Joint Pain
- Muscle Strength vs. Loss of Muscle Tone

Grand Rapids Women's Health is located at 555 Mid Towne Street NE on the Michigan Medical Mile southeast of Downtown Grand Rapids.

Grand Rapids Women's Health is dedicated to serving women at any stage in life - including preteen, childbearing, well-woman, pre-, peri- and post-menopausal through the golden years of life.

Grand Rapids Women's Health is made up of two specialist divisions:

Obstetrics and Gynecology Specialists & Female Pelvic Medicine & Urogynecology Institute of Michigan.

For more information about tickets to the debut of the movie *Hot Flash Havoc* at *Ladies.Night.Out.* on November 16, see www.grandrapidswomenshealth.com.