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# The Hormone Decision

—The  
Hormone  
Decision

- Presents the pros and cons of hormones in a straightforward, easy-to-understand style
- Includes chapters on how hormones affect your heart, your breasts, your bones, and much more
- Details the treatment choices available with hormones today

**Tara  
Parker-Pope**  
NATIONALLY KNOWN HEALTH  
WRITER FOR  
*The New York Times* AND  
*The Wall Street Journal*



## Synopsis

It's the most pressing question on the minds of women at any stage of the menopausal transition: "Should I or shouldn't I take menopause hormones?" The answer is far from crystal clear. Hormone drugs are the most effective therapy for easing hot flashes and other common menopause symptoms. But their long-term effects have been the focus of intense scrutiny and debate. As the weekly consumer health columnist for the Wall Street Journal, Tara Parker-Pope has been an eyewitness to the growing controversy surrounding hormone therapy. Her understanding of menopause research, and her access to the experts behind it, has given her unique insight into the complex issues surrounding hormone use. In *The Hormone Decision*, Parker-Pope explores the scientific, political and social forces that have shaped current thinking on hormone therapy. And she takes you on a head to toe tour of how hormones affect every part of your body, including your brain, your breasts, your heart, your bones, your vagina, and even your skin. As you will discover, hormone therapy is not one-size-fits-all. It's as individual as your health status, family history and menopause experience. When you start hormone therapy and how long you use it are major factors in determining its health effects. While it may raise certain risks for some women, it actually may be protective for others. This is why you need an independent, objective resource like *The Hormone Decision*. It provides the context for you to understand the research, ask intelligent questions, and ultimately choose whether or not hormone therapy is right for you. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Ever since '02, women have been avoiding HRT due to the exaggerated negative reporting in our media. As a gynecologist since 1977, I have always found that my patients who are taking replacement hormones are healthier, happier, and more youthful - with minimal dangerous side effects. What we now need is a double-blind, control study with younger (50-55) post-menopausal women. The explanation of how the WHI was conceived explains it all... Good reporting!!

I've been frustrated by the way the HRT issue has been handled, both by the media and the medical profession. The Hormone Decision is a pretty good treatment of how that happened. Now for the reservations: no good discussion of what "statistically significant" means; and insistence that a study that had, in my opinion, some deep ethical concerns from the outset, has told us a lot about the way hormones act in the post-menopausal female.

This book was recommended to a group of opinion leaders in gynecology by one of the recognized top gynecologists in the country. You can't go wrong with this objective explanation of what went wrong with the design of the Women's Health Initiative and the publication of its results.

A Great Saver!! More informative than any Drs. I have seen during the past year!!! This book has answered 95% of my questions with perfect sense! Thanks very much to the co-worker who introduced it!!

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