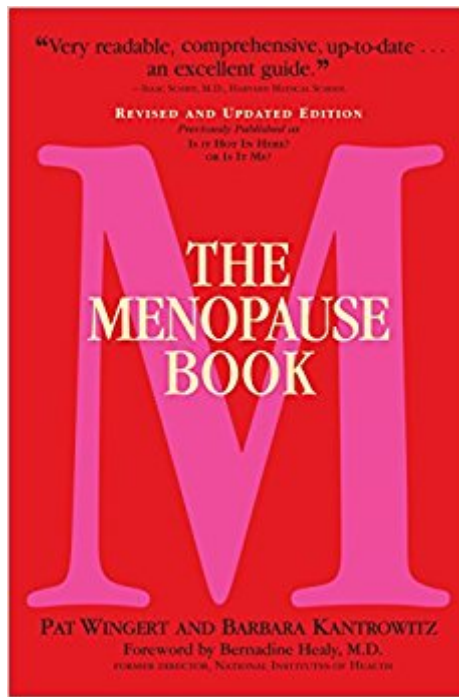


The book was found

The Menopause Book



Synopsis

The critics raved: "Dr. Spock for aging womenâ |extremely well researched and presents cutting-edge science in a readable and comprehensive way. An excellent reference."â •The North American Menopause Society. â œSympathetic, very readable, comprehensive...I highly recommend this excellent guide."â •Isaac Schiff, M.D., Harvard Medical School. â œRequired reading for women wanting to maximize the second halves of their lives."â •Wulf H. Utian, M.D., Ph.D., founder and executive director, The North American Menopause Society. "Bravo! This book should be a birthday gift for every 40-year-old (actually, probably earlier)."â •Barb Malat, CPNP, PA-C, co-chair, Menopause and Hormone Therapy Committee, Association of Reproductive Health Professionals. Originally published in 2007 as *Is It Hot in Here? Or Is It Me?*, *The Menopause Book* is the all-in-one bible for women approaching or experiencing menopause. Completely revised and updated with a compelling, authoritative new look, the latest medical findings and advice, and a straightforward new title, *The Menopause Book* incorporates the most cutting-edge research on hormones and hormone therapy; hot flashes; heart disease and stroke; breast cancer in older women; and the subtle symptoms of ovarian cancer.Â It also discusses new findings on why it's hard for menopausal women to lose weight; osteoporosis and estrogen; the interplay between migraines and hormones; panic attacks; and more. Of all the books on the market, this is the soundestâ •based on science, the material is vetted by top authorities in the field, the facts are up to date, the writing engaging, the tone upbeat. It's the essential guide for every woman who wants to take charge of her health.

Book Information

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Customer Reviews

"Is it Hot in Here? Or is it me? The Complete Guide to Menopause" has three parts: "The Basics"; "What You're Feeling Now"; and "Staying Healthy Forever". The chapters in part one are called: "What's Happening?" and "The Hormone Question". The chapters in the second part are: "Hot Flashes"; "sleep"; "Sex"; "Bleeding"; "Aches and Pains"; "Moods and Emotions"; and "Thinking and Memory". Chapters in the last part include: "Bones"; "Eyes and Ears"; "Heart"; "Cancer"; "Diet and Exercise"; and "Looking Good". There are also two Appendices. The first appendix is organized by chapter and is filled with charts and graphs related to each chapter. The second appendix lists websites and books for further information on menopause. Each chapter in the book explains the subject and has a question and answer section. "Is it Hot in Here? Or is it me? The Complete Guide to Menopause" is one of the best books on Menopause that I've read. I especially liked that fact that the authors emphasize the positive side of menopause saying it is not an ending, but a beginning and the fact that menopause is a natural process not a disease. I also liked the fact that each chapter had a list called "when to see the doctor". Each chapter is full of useful information and several of the chapters have charts or diary suggestions that can be very helpful. The book addresses the pros and cons of hormone replacement therapy and alternatives to HRT. The diet and exercise section not only discusses what to eat and how much exercise to do but includes recipes and gives several exercises, with illustrations, to do. The question and answer section was very informative although there were a few times when I found there were questions that I had that weren't asked.

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Our Bodies, Ourselves: Menopause by Boston Women's Health Book Collective (Oct 3 2006) The

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