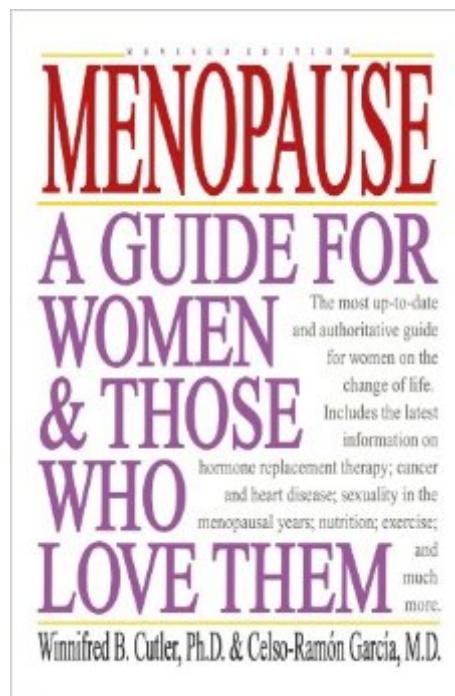


The book was found

# Menopause: A Guide For Women And Those Who Love Them



## **Synopsis**

The most up-to-date and authoritative guide for women on the change of life. Includes the latest information on hormone replacement therapy; cancer and heart disease; sexuality in the menopausal years; nutrition; exercise; and much more. Here is a comprehensive guide to the changes, in lifestyle as well as in body, that menopause brings. When the first edition of the book was published in 1983, reviewers hailed it as the most authoritative and accessible volume ever written on menopause and the general health and well-being of menopausal women. Now in paperback for the first time, the completely updated Revised Edition includes several new chapters exploring such crucial women's health topics as the importance of good nutrition and exercise, overcoming smoking and obesity, and improving cardiovascular health. Information on the pros and cons of hormone replacement therapy (HRT), as well as advice for women who cannot take hormones, is included, as is advice on osteoporosis and on when surgery such as hysterectomy is and is not warranted. Throughout the book, in their own candid words, menopausal women relate their experiences going through this transition. Menopause is a guide to living a long, health life and understanding the natural course of the female body.

## **Book Information**

Paperback: 432 pages

Publisher: W. W. Norton & Company; Revised edition (September 17, 1993)

Language: English

ISBN-10: 0393309959

ISBN-13: 978-0393309959

Product Dimensions: 6.2 x 1.2 x 9.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 starsÂ  See all reviewsÂ  (2 customer reviews)

Best Sellers Rank: #1,544,719 in Books (See Top 100 in Books) #109 inÂ  Books > Health, Fitness & Dieting > Women's Health > Menopause #3763 inÂ  Books > Health, Fitness & Dieting > Women's Health > General #25744 inÂ  Books > Health, Fitness & Dieting > Mental Health

## **Customer Reviews**

The value to me in this book was in learning that my ovaries made hormones for my entire life. It explains that they shrink down for a reason. My doctor had said they shrivel up and become useless, but this book explains that they shrink to go on in a new, post-menopausal capacity as the source of androgens that keep me healthy into old age. That information is not found most places,

so I was hugely grateful to the authors for explaining it clearly here.

Outdated, not relevant for today. It gives answers to the most obvious questions but is not really a guide on what other options than HRT exist today. I was disappointed by t.

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