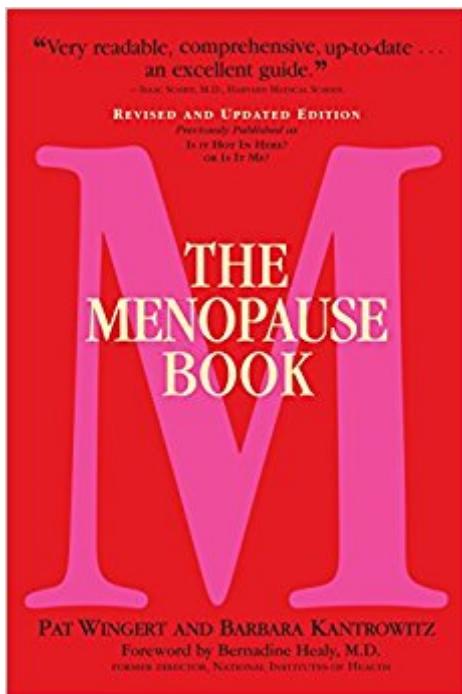


The book was found

# The Menopause Book



## Synopsis

The critics raved: "Dr. Spock for aging women" - extremely well researched and presents cutting-edge science in a readable and comprehensive way. An excellent reference." The North American Menopause Society. "Sympathetic, very readable, comprehensive...I highly recommend this excellent guide." Isaac Schiff, M.D., Harvard Medical School. "Required reading for women wanting to maximize the second halves of their lives." 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)." 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. 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 soundest - 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

Series: revised and updated edition

Paperback: 608 pages

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Best Sellers Rank: #207,398 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Women's Health > Menopause #612 in Books > Health, Fitness & Dieting >

## Customer Reviews

Workman's enviable success with the classic pregnancy "bible" *What to Expect When You're Expecting* has no doubt sparked this guide, which claims to do for those at midlife what Heidi Murkoff's series has done for pregnant women. The company has tapped two respected *Newsweek* health writers for this map to everything a woman might encounter before, during and after menopause. An attractive, user-friendly format with sidebars, charts, illustrations and q&as guides readers through hundreds of pages of material. Chapters progress from the basics (types of menopause, onset and duration, testing); hormonal changes and their impact on sleep, sex, moods and memory; and lifestyle (diet, exercise, stress); to heart and bone health, cancer, treatment options and medications. As Wingert and Kantrowitz point out, we've come a long way from when symptoms associated with menopause included "uncontrollable peevishness" and "perversion of moral instincts," yet many women remain reticent about their experiences, fear aging and feel incapable of the new challenges presented by their bodies along with the rest of their obligations. Such readers will welcome Wingert and Kantrowitz's inclusion of suggestions for self-care and their positive focus on what, they say, can be a healthy and productive time in a woman's life. (Feb.)

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more of the same of what you already know was looking for a touch more elaborate book on what to do or take versus the biological aspect of the process but if you are not familiar with the why this is happening then this is a great book but not what I was looking for

This is a book that I highly recommend to anyone going through the rollercoaster of

menopause/perimenopause. The format is similar to "What to Expect When you are Expecting". It has questions and then their answers. It is so refreshing to realize that there are other women suffering the same things and wondering about it too. There are lots of references in this book and it has been a very useful resource for me.

"Is it Hot in Here? Or is it me? The Complete Guide to Menopause" has three parts: "The Basics

Just the facts, ma'am. Not trying to sell you on a supplement or diet or hormones, just the straight, medical truth about this phase of a woman's life. An enjoyable read, an excellent reference.

Very basic and outdated. Publishing date on this is years ago when HRT was popular. Now that no HRT due to known dangers, much of the advice is ridiculous. I could find the same on the internet these days. I would not recommend purchasing.

This book is written in such a basic way. It makes me think it is written at a grade school level. I was looking for something a little more substantial. I didn't learn anything I didn't already know. Very basic info.

Thank you for this wonderful resource that has answered many of my questions and pointed me in the right direction for further assistance!

## GOOD RESOURCE

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The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause  
What's Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause  
The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013)  
The Perfect Menopause: 7 Steps to the Best Time of Your Life [ THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE ] by Hess, Henry M. ( Author ) May-01-2008 Paperback  
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