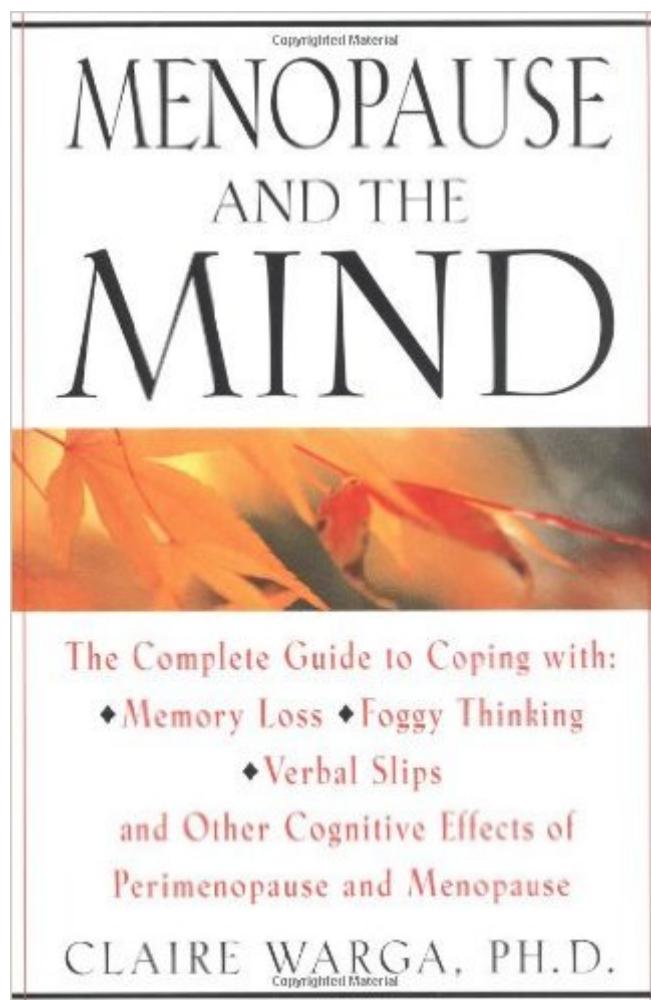


The book was found

# Menopause And The Mind: The Complete Guide To Coping With Memory Loss, Foggy Thinking, Verbal Confusion, And Other Cognitive Effects Of Perimenopause And Menopause





## Synopsis

"Menopause and the Mind" gives every woman the survival kit she needs to manage the thinking and memory symptoms -- long overlooked by the medical establishment -- that accompany the onset of perimenopause and menopause. As early as their late thirties, many women begin to experience a range of startling changes in the way they speak, remember, drink, and navigate. Sometimes, these changes begin with occasional "slips of the tongue." Other times, a former champion speller realizes that she's isn't so sure how to spell "potato" or "forty," or an organization maven loses track of her appointments. Some women find they can't remember the name of their oldest friend, or how to turn on the computer. Others put the shampoo bottle in the refrigerator instead of the shower caddy, or forget where they are going "en route" to the supermarket they've shopped at for years. These symptoms occur with greater frequency as women enter their forties, fifties, and beyond, but often they are chalked up to stress or age. However, repeated lapses in memory and recurrences of foggy thinking can be terrifying, causing some women to wonder, "What's happening to me? Could this be early Alzheimer's Disease?" Neuropsychologist Claire Warga provides the first scientific explanation for this common "hormonal misconnection" syndrome. Drawing upon recent brain and clinical research, she shows that forgetfulness, malapropisms, and lost concentration are not manifestations of dementia or senility; instead, they result from the depletion of estrogen in the brain cells of women as they enter perimenopause and menopause. Armed with this knowledge, Warga offers women a breakthrough plan for regaining control and confidence in their minds. Warga explains in clear, simple language the cutting-edge science that underlies the "hormonal misconnection" syndrome. Research shows that a decrease in estrogen -- which begins with the onset of perimenopause at about age 35 -- produces detectable changes in the parts of the brain having to do with memory and attention, and can affect multiple neurotransmitter systems. There is also evidence that estrogen loss impacts verbal memory and learning. Yet remarkably, the medical establishment has failed to use this research to help the millions of perimenopausal and menopausal women who suffer from speech, memory, attention, or cognitive/behavioral symptoms. Most doctors know a good deal about the physical and emotional symptoms of menopause, but little about how it affects the brain. Claire Warga fills this vacuum and provides every woman with the information she needs to take care of herself on her own and in consultation with her doctor. "Menopause and the Mind" includes a wide range of real-life stories -- such as the menopausal woman who was misdiagnosed as a paranoid schizophrenic -- that illustrate how different women have coped with their "hormonal misconnection" symptoms. Warga explains the full range of thinking, speech, short- and long-term memory, behavior, spatial, and time

sense symptoms in extensive detail, complete with an array of examples. Most important are a self-screening test and symptom chart that every woman can use to understand the extent of her symptoms and accurately assess her condition, with or without her ob/gyn. Women can also make practical use of Warga's detailed guide to treatment options, which include estrogen therapy, dietary and behavioral changes, and techniques for improving memory. Women today live longer and are more active than ever before. "Menopause and the Mind" ensures that every woman can live without embarrassment or fear that she is "losing it" as she grows older. With Claire Warga's roadmap of the relationship between estrogen and the brain, women can develop the practical coping tools they need to lead happy and productive lives.

## **Book Information**

Hardcover: 416 pages

Publisher: Free Press (April 23, 1999)

Language: English

ISBN-10: 0684854562

ISBN-13: 978-0684854564

Product Dimensions: 9.6 x 6.5 x 1.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.7 out of 5 starsÂ  [See all reviewsÂ](#) (12 customer reviews)

Best Sellers Rank: #1,329,046 in Books (See Top 100 in Books) #90 inÂ  Books > Health, Fitness & Dieting > Women's Health > Menopause #921 inÂ  Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology #3275 inÂ  Books > Health, Fitness & Dieting > Women's Health > General

## **Customer Reviews**

Wow! I'm 47 and was convinced I had early onset Alzheimer's because 3 or 4 times a day, I find myself using bizarrely wrong words ("wishbone" instead of "washcloth"; "plane" instead of "phone"). Dr. Warga's is the first book to point out how very, very common this is for women in perimenopause (pre-menopause) and that it doesn't get worse -- in fact, these symptoms usually stop when you've achieved actual menopause (because, as I understand it, it's not the estrogen loss that causes this syndrome, it's the wildly fluctuating estrogen levels of perimenopause that cause it). If you're a pre-menopausal woman who is experiencing mental fog, forgetfulness, word misusage, etc., you HAVE to read this book. It will allay your fears about Alzheimer's, etc. It has literally saved my life and my sanity! Thank you, thank you, Dr. Warga, for writing this

groundbreaking book.

I am 50 yrs. old, and am a 5 yr Breast Cancer survivor. I had a mastectomy and 6 mos.of chemotherapy.My breast cancer was "estrogen"related, but it was also non-invasive, caught very early.With the help of God, I have overcome all obstacles.I also chose reconstructive surgery.Having had chemotherapy,I became menopausal. My quality of life changed drastically,I felt like I was just existing. I enjoyed nothing, nor wanted to be sociable anymore. I felt like I had no emotions.I became very insecure,irritable and negative. I KNEW something was wrong, but I was determined not to accept it as"just getting old".After all my LIFE was just beginning again. I started seeing a Psychiatrist, and went to the library and read Dr.Claire Wargasbook, Menopause and the Mind. All the emotions I had been feeling were in her book! I RAN to my oncologist & gynocologist.Aftersome blood work, I was recommended by BOTH to get on the estrogen.My whole life has changed in a matter of days,I elected the Estradial patch with progesterone.Within days (2) I felt alert,active and Alive again. I am starting to feel feminine, and wanting to be around people. Suffice to say, at the second session with the Psychiatrist,she told me I did not need to return, my whole outlook had changed! I cannot express the change of positive emotions I have experienced. Instead of existing I am living. Because I am "high risk"so they say, I will continue to be monitored carefully, This has been my decision after researching data on estrogen and the mind, as opposed to estrogen and breastcancer. PLEASE READ DR. CLAIRE WARGA'S BOOK about Menopause and the Mind, IT CHANGED MY LIFE!!!

Lately I've been worried about misusing words. For instance, I described a painting as having an architectural theme rather than an agricultural one. I make this kind of mistake frequently and have been mortified. It never occurred to me that my estrogen levels could be the culprit in my memory loss. After reading Dr. Warga's book, I have had my levels checked and adjusted.Menopause and the Mind is almost a blueprint for menopausal sanity. It's very easy to read, frank and informative, and lets women like me know that there is hope and that we are not alone. I have bought this book as a gift for a friend who turned 50 and she insists that it is one of the best gifts that she has ever received.

In writing my own recent book, "The Care and Feeding of Your Brain" I searched the world's medical literature to produce a brief but well-documented "for women only" section. I can tell you that both the cyclical and the menopausal hormonal changes can wreak havoc on normal and even

super normal brain function if not dealt with and managed properly. In "Menopause and the Mind", Dr. Warga documents this very clearly and offers many of the solutions I found in my own research and interviews. I enjoyed it immensely. It is well written. May I also suggest "The Care and Feeding of Your Brain" as a good companion guide to support this and to help you with optimizing your natural baseline of mental functioning...All the best to Dr. Claire Warga...Kenneth Giuffre MD

The absolute best book I have read about how estrogen affects the brain during menopause. I never realized how my brain fog and problems with spelling and memory were directly related to low estrogen levels.

Dr. Warga presents the mental, emotional and physical upsets and changes that a woman may go through during her premenopausal years. Many of the changes are insidious because they manifest themselves gradually. She presents physical reasons for these changes and practical suggestions for improving the quality of life in the middle-aged woman.

Dr. Warga opens the opportunity to see how women who've been on HRT can also have the cognitive symptoms which can be so disruptive to their lives and those of their spouses as well. She wonderfully describes and notates the studies and supporting information to her conclusions, while also freely admitting the 'newness' of this area of behavior/medicine. Most importantly, she provides suggested access points to 'the health system' in terms of how to approach our clinicians and to know how to focus on those who will help or who will learn on their own, enough to help 'fix' this area of the women's lives. She demonstrates that just because every woman is unique, is no reason to say that appropriate conclusions can't be drawn from a wide array of symptoms as to the underlying core issue.

[Download to continue reading...](#)

Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--Through Perimenopause, Menopause, and Beyond Perimenopause--Preparing for the Change, Revised 2nd Edition: A Guide to the Early Stages of Menopause and Beyond Kaplan GRE Exam Verbal Workbook (Kaplan GRE Verbal Workbook) Ace the GMAT Verbal: Master GMAT Verbal in 20 Days The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger

Self-Help Workbook) The After Effects Illusionist: All the Effects in One Complete Guide Quantum Memory Power: Learn to Improve Your Memory with the World Memory Champion! The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health! The Soggy, Foggy Campout #8 (Here's Hank) How To Develop A Super Memory: Easy Techniques to Boost the Power of Your Memory! (Mind Growth Series Book 2) The Loss of a Pet: A Guide to Coping with the Grieving Process When a Pet Dies Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) The Menopause Bible: The Complete Practical Guide to Managing Your Menopause After Effects and Cinema 4D Lite: 3D Motion Graphics and Visual Effects Using CINEWARE Adobe After Effects CC Visual Effects and Compositing Studio Techniques Adobe After Effects CS6 Visual Effects and Compositing Studio Techniques Creative After Effects 7: Workflow Techniques for Animation, Visual Effects and Motion Graphics Compositing Visual Effects in After Effects: Essential Techniques Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline

[Dmca](#)