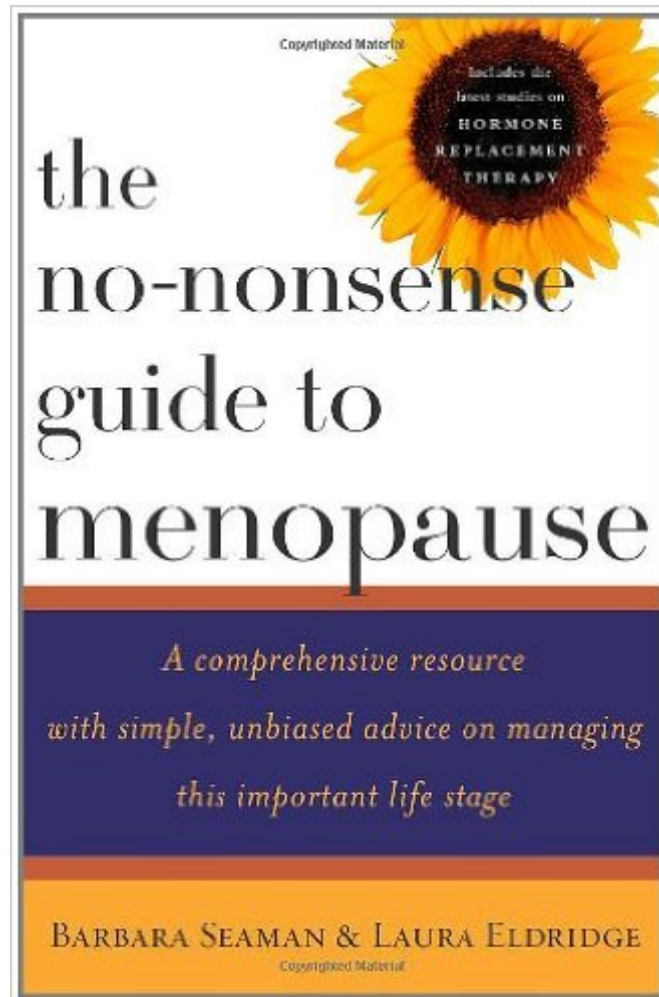


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# The No-Nonsense Guide To Menopause



## Synopsis

When the groundbreaking NIH Premarin Trials shattered Hormone Replacement Therapy's status as menopause panacea, women were left feeling helpless: there was a wide array of choices about how to handle menopause, but a dearth of information about the possible consequences of these new and difficult decisions about treatment. Increasingly wary of profit-motivated drug companies and the doctors they influence, they are scrambling to find unbiased, straightforward advice. The No-Nonsense Guide to Menopause will answer this need by presenting this information in a clear and un-intimidating manner. The authors will be sensitive to the new scepticism about menopause treatments by emphasizing self-education, offering advice on what questions to ask doctors, giving strategies for assessing the validity of data provided by new studies. Recognizing that each woman experiences menopause differently, the authors address a range of physical and emotional responses to this important life stage. A comprehensive resource, The No-Nonsense Guide gives the big picture on just about everything we really know about menopause and its aftermath, medically culturally, socially, sexually and even financially.

## Book Information

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## Customer Reviews

I read five other books on menopause and pre-, peri-, and post menopause, prior to picking this one up at the library. This one helped me the most. It explains in some detail the studies done on hormones (natural, bioidenticals, and traditional) and what they have and haven't proven. The authors try to present the information in a straight-forward way, without too much bias, so you have the information to make a healthy decision for yourself along with your doctor. The menopausal

years can make you feel a little crazy and not like yourself. This book helps identify what is attributable to hormones and what is normal, healthy aging. It also provides information about what symptoms hormone therapy can help, and how to cope with other symptoms or feelings that HT can't help. And it backs everything up with scientific studies - not just the opinion of one doctor, pharmaceutical company, celebrity, or health guru. Plus the information is very up to date, which is important as the information about hormone therapy changes and improves. If you're questioning whether or not to take hormones, or what kind of hormones to try, I suggest reading this book.

Do not waste your money and time with other books about menopause. I did and not only most books are negative and give you a terrible picture of this change of life, but they are often too oriented "pro" or totally "con" HRT and other approaches. This one is open and nicely wrote. With a good sense of humor, it approaches each point with a positive and realistic attitude. It is easy to read, informative and never boring. To keep on your bedside table.....Agmari

My search for straight-forward information about menopause ended when I found this book. Thirty years ago, Barbara Seaman's "Free & Female" was a revelation for me. It provided the straight-forward information I needed during that time of my life. Now Seaman had done it again, this time for menopause and not a moment too soon!! I had been flailing around the internet seeking answers to many if not all of the questions posed in this book. Happily, she and co-author Laura Eldridge have found the answers and deliver them in clear, concise language understandable to anyone without a medical degree, i.e most of us. Highly recommended for everyone--the women who are going through this transition, those around them who are wondering what the heck is going on with their wives, sisters, daughters, friends and the medical professionals we turn to for help during this time of change.

I enjoyed this book- good overview of ALL symptoms of aging that are female-related (bladder, heart, bones, skin, etc) and not just hot flashes of menopause. However, they completely omitted the most troubling symptom I experienced- tachychardia, or heart pounding and racing, along with dread and anxiety. I looked under "heart rate, anxiety, pounding, tension, tachychardia"-nada. I have seen this described in various other books, so I know there is awareness out there. Big lack in this book. Also, while I appreciated the detailed descriptions of hormone therapy considerations, I would hardly call their view "unbiased." It's their perfect right to be biased: it's just that on the front cover they say they aren't. For several of the rotten symptoms mentioned (interrupted sleep, night or

day sweats, excessive bleeding) they suggest to just wait a few years till they subside. Quality of life during those "few year" may matter to some! Would we tell a man to just bleed, monitor his iron, and be patient? I don't know...

I thought this book seemed very true, but then every other book on hormones and menopause seemed true as well. I felt like this book shot down every hope of relief from hormonal symptoms-HRT to herbs and alternative treatments. Put on your cotton shirt and get out the fan. I guess it's not what I wanted to hear. If all these woman say is true, a lot of women have been screwed(sorry-best word I could think of...) It seems like no one really knows the best answer for problems of womens health. As hard as someone is screaming that they have the answer, someone else is screaming that the opposite is true.

This book is very informative. I am just in my early 40's but I am curious about the ways to lesson the effects of Menopause. And what to expect. It seems to be a subject that is not talked about much and seems like anything is normal. I first took it out of the library before purchasing because it is hard to find such a good book on this subject, it's been the best that I've found.

Average. Nothing exciting or new in the book. I've tried most and nothing works so just a lot of "wives tales" without any real new breakthroughs. Would be nice to see some new studies quoted and some new hope for women without HRT. Nothing new here.

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