

Were the baby boomers, writes renowned womens health advocate Dr. Susan Love. We wanted to change the world in the sixties. During the sexual revolution we claimed the right to enjoy our bodies. We wanted more knowledge about how our bodies worked. We read books about menstruation and childbirth. Now were approaching menopause, and we want to decide for ourselves how well experience this process as well. But how do we do that? Were faced with all kinds of options, and with them all kinds of questions. With Dr. Susan Loves Hormone Book, Dr. Love will help you decide for yourself how you want to move through this stage of life. Heres the information you really want to know to answer your most pressing concerns: Youve been having symptoms -- hot flashes, night sweats, mood swings. What are your options for coping with them? Youve read in the newspapers that after menopause women are in danger of heart disease or osteoporosis, and you dont want to wind up like that hunched-up elderly woman you saw in the supermarket checkout line. How likely is it? Your doctor thinks taking hormone replacement therapy might be the answer, but youre not sure: How does it work? What can and cant it do? Is it safe? Your mother sailed through menopause and your symptoms dont bother you. Do you need to do anything at all? Youve had breast cancer or heart disease. What choices will work for you? You dont like the idea of medication. Are there any life-style changes or alternative approaches worth exploring? With clarity and compassion, Dr. Love will help you sort through the answers to these and other confusing questions. She emphasizes that menopause is not a disease that needs to be cured; its a natural life stage. She tells you what you need to know about coping with symptoms and addressing concerns about osteoporosis, heart disease, breast cancer, endometrial cancer, and more. And she walks you through every option for the short and long term.: lifestyle changes (diet, exercise, and stress management), alternatives (including herbs and homeopathic remedies), other medications, and a thorough discussion of the pros and cons of hormones. An in-depth questionnaire on your personal health risks and lifestyle preferences will help you put it all together to make choices to fit your unique needs--choices Dr. Love encourages you to reconsider as your life situation changes. Also included are guidelines for finding the right health care professional, a resource guide of helpful books, newsletters, and organizations, and more. You know your body better than any doctor, and youre in the best position to assess your individual needs, risks, and lifestyle choices and to decide how you want to more through menopause. With Dr. Loves authoritative, comprehensive new book, youll have the information you need to make the decisions that work best for you.

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Dr. Susan Love's Hormone Book: Making Informed Choices About Menopause [Susan M. Love, Karen Lindsey] on grownupinsights.com *FREE* shipping on qualifying. Dr. Susan Love's Menopause and Hormone Book: Making Informed Choices All the facts about the new hormone replacement therapy studies.

Dr. Susan Love's Hormone Book: Making Informed Choices about Menopause. Susan M. Love, Author, Karen Lindsey, With, Love, Author Random House Inc.

With clarity and compassion, Dr. Love emphasizes that menopause is not a disease that needs to be cured; it's a natural life stage. She tells you what you need.

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