



The Menopause Book

Barbara Kantrowitz, Pat Wingert

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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.

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From reader reviews:

Nancy Figaro:

Book is definitely written, printed, or highlighted for everything. You can learn everything you want by a book. Book has a different type. We all know that that book is important issue to bring us around the world. Adjacent to that you can your reading skill was fluently. A guide The Menopause Book will make you to always be smarter. You can feel far more confidence if you can know about every thing. But some of you think that will open or reading some sort of book make you bored. It is far from make you fun. Why they can be thought like that? Have you seeking best book or suitable book with you?

Darrin Russell:

Spent a free a chance to be fun activity to try and do! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could possibly be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try look for book, may be the book untitled The Menopause Book can be very good book to read. May be it could be best activity to you.

Charles Bryce:

Playing with family inside a park, coming to see the water world or hanging out with pals is thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Menopause Book, it is possible to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't buy it, oh come on its called reading friends.

Allen Yopp:

In this particular era which is the greater person or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple solution to have that. What you need to do is just spending your time almost no but quite enough to enjoy a look at some books. One of many books in the top list in your reading list is definitely The Menopause Book. This book that is certainly qualified as The Hungry Hills can get you closer in growing to be precious person. By looking upwards and review this guide you can get many advantages.

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