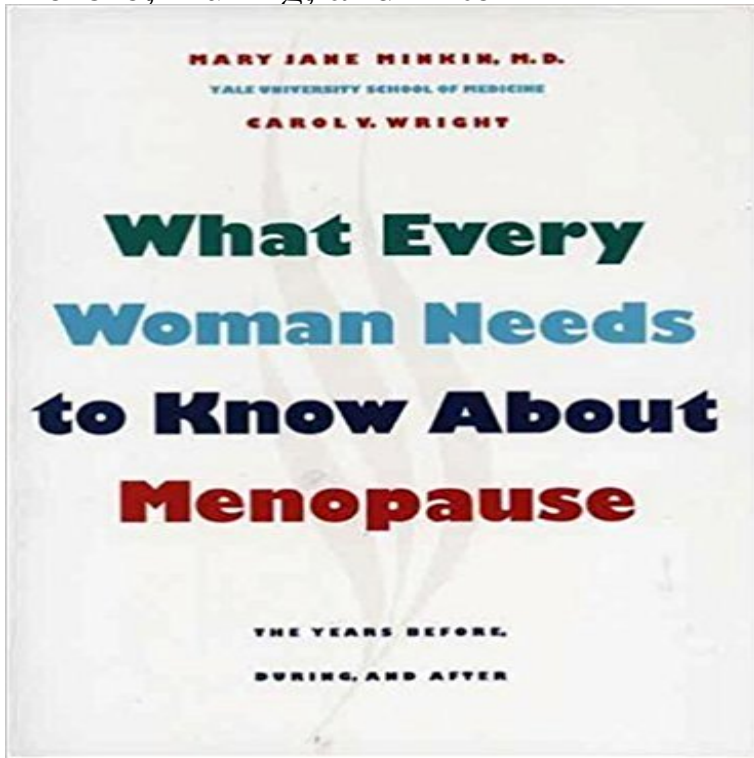


# What Every Woman Needs to Know about Menopause: The Years Before, During, and After



This text provides a practical guide to physical and emotional well-being during the premenopausal, menopausal and postmenopausal years. Based on the experience of a female gynaecologist who has been treating menopausal women for 20 years, the book presents answers to the questions women ask about this critical time in their lives. Among many other topics, the authors discuss: the physical and psychological changes a woman may undergo at menopause; the how and why of such common menopausal symptoms as hot flushes, sleeplessness and mood swings; the newest research on hormone replacement therapy, with advice about choosing or rejecting this controversial treatment; nonhormonal approaches to menopausal symptoms; sexuality during the menopausal years; and common gynaecological problems that may occur during this period and the appropriate treatments for these conditions. The book is written in a user-friendly, question-and-answer format, incorporating helpful illustrations, a resources guide, and a glossary of common terms.

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