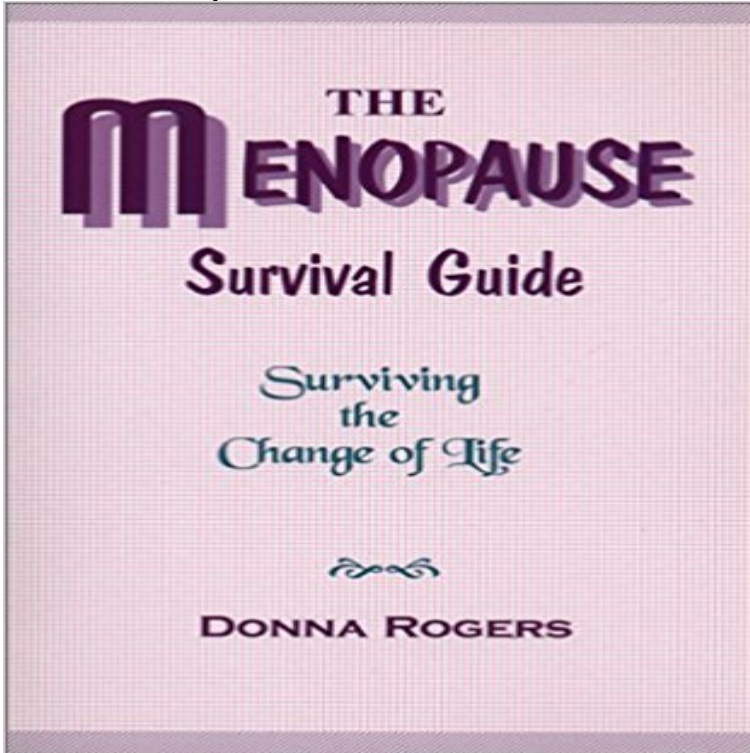


The Menopause Survival Guide: Surviving the Change of Life



Focusing on all major topics relating to menopause, this book discusses medical issues in user-friendly language and offers common sense approaches in dealing with the Change of Life. Chapters focus on open discussion of women's health issues; definitions of menopause, perimenopause, and post-menopause; the life-long estrogen effect on the female body; actions of numerous hormones; menstrual cycles; statistical caveats; breast and uterine cancers; premature and induced menopause; changes in muscle strength and elasticity; heart disease and stroke; osteoporosis; memory; emotions; hot flashes and night sweats; pros and cons of hormone replacement therapy and herbal remedies; vitamins, diet, and exercise; male menopause; and information for husbands and children of menopausal women.

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