Dr. Susan Love's Hormone Book: Making Informed Choices About Menopause

Karen Lindsey

Note: This is not the actual book cover

Dr Susan Loves Menopause And Hormone Making Informed Choices

Carla Herrera

Dr Susan Loves Menopause And Hormone Making Informed Choices:

Dr. Susan Love's Hormone Book Susan M. Love, Karen Lindsey, 1997 Helps the reader sort through the confusing media reports complex and contradictory scientific evidence medical bias regarding hormone therapy Hormone Book Susan M. Love, Karen Lindsey, 1997-01-01 Will help you decide for yourself how you want to move through menopause Here's the information to answer your most pressing concerns what are your options for coping with hot flashes night sweats how likely is it that you will end up with osteoporosis how does hormone replacement therapy work what can do you need to take anything if your symptoms don t bother you what choices will work for you if you ve had breast cancer or Dr. Susan Love's Menopause and Hormone Book Susan M. Love, MD, Karen heart disease it s a natural life stage Lindsey, 2003-01-21 In the first edition of this important bestselling book praised by Newsday as the bible for a whole generation of menopausal women renowned physician and pioneering women s health advocate Dr Susan Love warned about the potential dangers of the long term prescription of hormone replacement therapy Her insightful words of caution have been backed up by the stunning results of the recent studies on hormone replacement In this revised edition Dr Love offers a remarkably clear set of guidelines as to what the studies have shown about the risks regarding heart disease breast cancer stroke and other conditions and what effect hormone therapy has on osteoporosis She offers definitive expert advice about whether or not to go on hormone replacement therapy and if so for how long as well as how to taper off hormones and she introduces the alternative methods for treating the symptoms of menopause Dr Love stresses that menopause is not a disease that needs to be cured it is a natural life stage and every woman ought to choose her own mix of options for coping with symptoms A questionnaire about your own health history and life preferences helps you develop a program that will best fit your unique needs With clarity and compassion she walks you through every option for both the short and the long term including lifestyle changes diet exercise and stress management alternative therapies including herbs and homeopathic remedies available medications other than hormones The Menopause Answer Book Marsha Lynn Speller, 2004-05-01 Estrogen is a powerful female hormone that protects women from many health risks In menopause estrogen levels decline and its protective qualities decline as well At the same time a lifetime of bad habits may begin to catch up with us and our genetic predispositions to disease begin to surface All this leads to a plethora of symptoms some temporary some chronic and some life threatening The Menopause Answer Book allows women to carefully assess their own symptoms and then seek out the information and treatments that will be tailored to their own specific needs Find out if you re at risk for diseases associated with menopause Develop your Menopause Action Plan Assess the pros and cons of Hormone Replacement Therapy Find out what tests to request from your doctor Find out how to get the attention and treatment that you need Learn about important lifestyle changes to make right now Women dealing with menopause and perimenopause are bombarded with information but often have a hard time figuring out what applies to them and how to choose between conflicting advice The

Menopause Answer Book is the must have companion to the top selling menopause books which are informational but don t help women tailor their treatment **The Estrogen Elixir** Elizabeth Siegel Watkins, 2007-04-16 In the first complete history of hormone replacement therapy HRT Elizabeth Siegel Watkins illuminates the complex and changing relationship between the medical treatment of menopause and cultural conceptions of aging Describing the development spread and shifting role of HRT in America from the early twentieth century to the present Watkins explores how the interplay between science and society shaped the dissemination and reception of HRT and how the medicalization and subsequent efforts toward the demedicalization of menopause and aging affected the role of estrogen as a medical therapy Telling the story from multiple perspectives physicians pharmaceutical manufacturers government regulators feminist health activists and the media as well as women as patients and consumers she reveals the striking parallels between estrogen s history as a medical therapy and broad shifts in the role of medicine in an aging society Today information about HRT is almost always accompanied by a laundry list of health risks While physicians and pharmaceutical companies have striven to develop the safest possible treatment for the symptoms of menopause and aging many specialists question whether HRT should be prescribed at all Drawing from a wide range of scholarly research archival records and interviews The Estrogen Elixir provides valuable historical context for one of the most pressing debates in contemporary medicine Women's Herbs, Women's Health Christopher Hobbs, Kathi Keville, 2007 Women's Herbs Women's Health is a sourcebook of knowledge about how a woman's body works the major health issues faced by women and which herbal remedies can be used as a preventive measure or treatment Includes information on why herbal treatments result in the least amount of interference in the body s natural rhythm have the deepest effects and produces the least amount of side effects Menopause: How Not to Go Bonkers (and What to Do Instead) Kaz Cooke, 2013-03-27 A magical menopausey tour by Kaz Cooke What symptoms to look for how to tackle them when you still need contraception and what to wear if hot flushes give you the whim whams How to tell if you re approaching in the middle of or through menopause or just putting your fingers in your ears and singing la la la la With input from experts and quotes from real women this ebook is based on the Menopause chapter of the bestselling book Women s Stuff Breast Cancer Answers Judith King, 2004 Breast cancer answers practical tips and personal advice from a survivor

The Politics of Healing Robert D. Johnston, 2004-06 First Published in 2004 Routledge is an imprint of Taylor Francis an informa company The Handbook of Social Studies in Health and Medicine Gary L Albrecht, Ray Fitzpatrick, Susan C Scrimshaw, 1999-10-22 Designed for students and professionals in the social sciences and health fields this handbook is easy to use when searching for specific ideas theorists and topics and contains helpful diagrams which make understanding easier overall it provides a wealth of knowledge Healthmatters This is the first international and inter disciplinary social science Handbook on health and medicine Five years in the making and building on the insights and advice of an international editorial board the book brings together world class figures to provide an indispensable comprehensive resource book on

social science health and medicine Pinpointing the focal issues of research and debate in one volume the material is organized into three sections social and cultural frameworks of analysis the experience of health and illness and health care systems and practices Each section consists of specially commissioned chapters designed to examine the vital conceptual and methodological practice and policy issues Readers receive not only a complete survey of social science health and medicine in one volume they are further provided with an authoritative guide to methodologies key concepts central theoretical traditions and an agenda for future research and practice The Handbook answers the need expressed by social scientists and medical practitioners for an authoritative inter disciplinary study which demonstrates the contribution and promise of social science disciplines in the crucial and rapidly changing field of health and medicine The book will also be of interest to nurses students in physical therapy occupational therapy epidemology primary care and public health. The Handbook signals the coming of age of the social sciences in the arenas of medicine and health studies Whole Woman Homeopathy Judyth Reichenberg-Ullman, 2005-07 A comprehensive practical user friendly guide to homeopathic care for women Homeopathy is a safe effective natural alternative to drugs hormones and surgery This book helps a woman treat herself effectively for a wide range of common women s health conditions while directing her to seek professional help from a competent homeopath when necessary It also shows her how to find the correct homeopathic medicines for self treatment and the fifty homeopathic medicines that should be in every woman s home medicine kit Hot and Bothered Judith A HOUCK, Judith A Houck, 2009-06-30 How did menopause change from being a natural and often welcome end to a woman's childbearing years to a deficiency disease in need of medical and pharmacological intervention By examining the history of menopause over the course of the twentieth century Houck shows how the experience and representation of menopause has been profoundly influenced by biomedical developments and by changing roles for women and the changing definition of womanhood

Epidemiology of Women's Health Ruby T. Senie,2014 With contributions from leading authorities in the field this text explores the major health challenges conditions that specifically affect women
The Contemporary Woman's Guide to Midlife Carla Herrera,2005-03 The Contemporary Womans Guide to Midlife is an autobiographical tour through midlife The author takes the reader through her transformation in early midlife and allows a brief but intimate glimpse of one womans perspective on the process Essay topics include the empty nest menopause values and relationships A must read for anyone approaching or knowing someone who is approaching midlife or major life transitions
Gender, Culture and Society
Heiao-Chin Hsieh,2005
Menopause Dr Bruce Miller,2016-01-01 As night follows day all women will pass through menopause It is not a disease but with the onset of menopause women will experience a new set of health problems like vaginal dryness bladder disturbances hot flashes skin wrinkling facial hair growth and loss of sexual desire Since the turn of the century a woman could expect to live to about forty eight Things have changed At menopause a woman now has half of her adult life to live The risks of developing osteoporosis heart disease breast cancer increases at this stage of a woman s life

There are many books on the market that deal in detail with the various facets of menopause This book however will focus on nutrition food supplements and lifestyles for women on hormones or women who want to pass through this phase of life naturally I have also added a chapter on the risk and benefits of HRT Women have now to take responsibility on themselves to learn all facets of menopause and how to cope with the changes that come with menopause so that the last half of a woman's life will be more vigorous and rewarding than the first half Women who do not take the very best of their health from the five to seven years of menopause are the ones with the most health problems and poorest quality of life in later Reproductive Disruptions Marcia C. Inhorn, 2007-10-01 Nominated for the 2007 Book Prize by the Council on Anthropology and Reproduction AAA Reproductive disruptions such as infertility pregnancy loss adoption and childhood disability are among the most distressing experiences in people's lives Based on research by leading medical anthropologists from around the world this book examines such issues as local practices detrimental to safe pregnancy and birth conflicting reproductive goals between women and men miscommunications between pregnant women and their genetic counselors cultural anxieties over gamete donation and adoption the contested meanings of abortion cultural critiques of hormone replacement therapy and the globalization of new pharmaceutical and assisted reproductive technologies This breadth with its explicit move from the local to the global from the realm of everyday reproductive practice to international programs and policies illuminates most effectively the workings of power the tensions between women s and men s reproductive agency and various cultural and structural inequalities in reproductive health Live a Little! Susan M. Love, Alice D. Domar, Leigh Ann Hirschman, 2009 Drs Love and Domar present reassuring research that encourages women to relax and stop worrying so much about their health The authors explain why sometimes it s okay to skip a workout stay up late or skip a breast exam

So Long Constipation, Part 1 Katarina Nolte,2013-05-26 In So Long Constipation Part 1 you will learn how to eliminate your constipation by learning what causes it and how this comes about You will learn about the relationship between our daily environment and the gut You will discover in simple detail how things like stress industrial toxins and our modern diet and lifestyle influence the delicate balance of our mind body system You will familiarize yourself with the main aspects of this delicate balance in relation to gut function

Be Happy Without Being Perfect Alice D. Domar, Ph.D.,Alice Lesch Kelly,2009-03-24 Do you have trouble going to bed at night when there s a mess in the kitchen Do you think you would be happier if only you could lose weight be a better parent work smarter reduce stress exercise more and make better decisions You re not perfect But guess what You don't have to be All of us struggle with high expectations from time to time But for many women the worries can become debilitating and often we don't even know we're letting unrealistic expectations color our thinking The good news is we have the power to break free from the perfectionist trap and internationally renowned health psychologist Dr Alice Domar can show you how Be Happy Without Being Perfect offers a way out of the self imposed handcuffs that this thinking brings providing concrete solutions practical advice and action plans that teach you how to

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