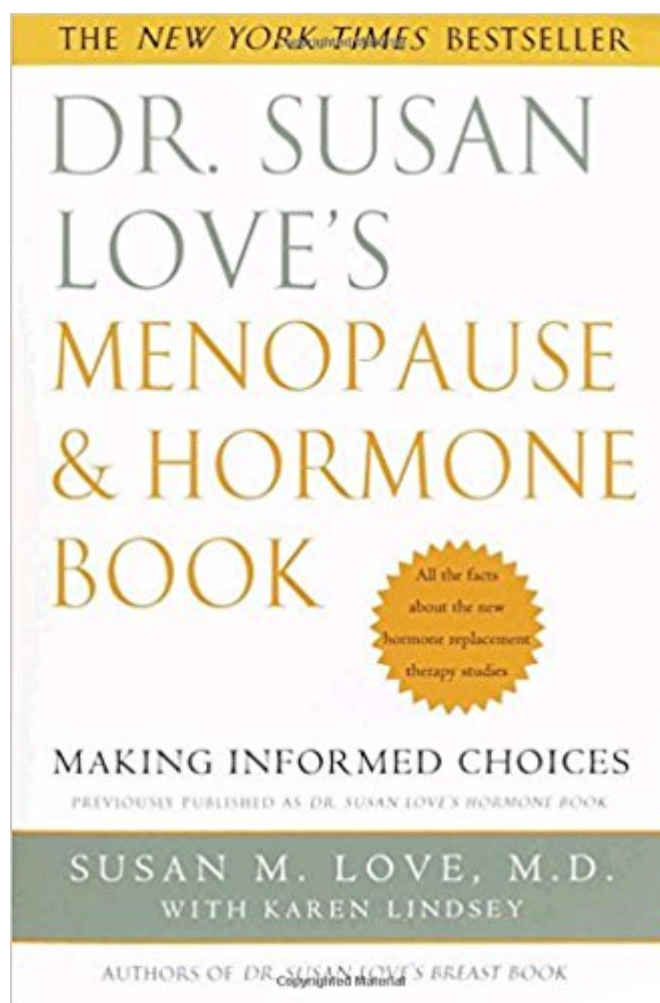


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# Dr. Susan Love's Menopause And Hormone Book: Making Informed Choices



## Synopsis

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

## Book Information

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## Customer Reviews

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

DR. SUSAN LOVE, M.D., is an adjunct professor of surgery at UCLA and the president of the Susan Love, M.D., Breast Cancer Foundation, a nonprofit organization dedicated to the eradication of breast cancer. She is the author, with Karen Lindsey, of the renowned Dr. Susan Love's Breast Book. She lives in Los Angeles..

A few months ago (right around the time I turned 38), I started experiencing strange symptoms -- hot flashes, awful insomnia, mood swings, terrible cramps, my first migraine, etc. After looking around on-line and speaking with my doctor, I realized that I was starting perimenopause. I picked up this book and one other from , and have found this book to be extremely helpful. Dr. Love is a recognized voice in the field of women's health, and the information she presents in this book is backed up by numerous references to scientific studies whose results have been published in peer-reviewed journals. Love provides a comprehensive overview of perimenopause and menopause, and she uses the analogy of the hormonal shifts that women experience at this time in their lives as akin to the hormonal shifts young women go through when they first begin menstruating. Hearing that analogy made a lot of sense to me -- and it also allowed me to be kinder to myself when I experience the mood swings I've been having. A few reviewers have commented

that this book meanders off into discussions of "hokey" things like acupuncture and treatments that come from Eastern medicine, but I feel like this is one of the book's strengths. In a fair and balanced way, Love discusses the dangers and also the benefits of hormone replacement therapy, but she also addresses alternative treatments for those of us interested in different approaches. Ann Louise Gittleman's book *Before the Change* is another good book that offers useful advice about using nutrition to help with perimenopausal symptoms.

Love this book. A wealth of information for women. Had a previous copy when I went through menopause. Bought this one for my daughter.

very informative book.. this is a great book for when you are looking for answers

Good

Gave this as a gift to a friend who didn't know she was in Peri-menopause. She said it helped her get a grip on what was happening to her.

It's a very helpful book, but it needs to be updated with current information on hormone replacement therapy.

Excellent information.

There is so much info to absorb but this was a very helpful book. There is just so much on this subject that you need to re read and highlight things so you can remember

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