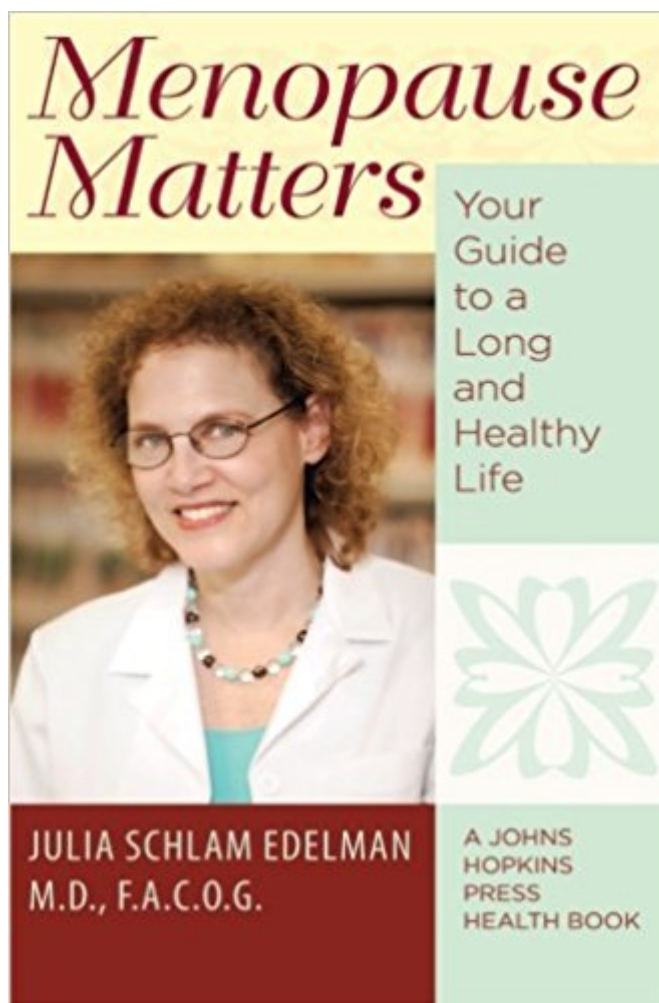


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Menopause Matters: Your Guide To A Long And Healthy Life (A Johns Hopkins Press Health Book)



Synopsis

Menopause Matters is a complete guide for improving a woman's physical and mental health from age 35 and on. Gynecologist and menopause specialist Dr. Julia Schlam Edelman has helped thousands of women feel better and enjoy healthier lives. Scientifically sound and clinically tested, Dr. Edelman's advice is a welcome alternative to the often misleading, conflicting, and confusing sound bites in media reports on women's health issues. Menopause Matters covers the full spectrum of topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, healthy sex, and contraception. In a class by itself when it comes to menopause books, Menopause Matters: *It's Not Just in Your Head* promotes informed collaboration between women and their doctors, *It's Not Just in Your Head* advises women to improve their health based on findings in respected research studies, *It's Not Just in Your Head* provides clear explanations of physiology and anatomy, and *It's Not Just in Your Head* relates stories from real women who have experienced all stages of menopause. Dr. Edelman includes prevention strategies for lowering the risks of heart disease, osteoporosis, and cancer. And her practical hints about how to take supplements and medication for maximum benefit are invaluable. Menopause Matters empowers women to be active partners with their physicians during midlife and beyond. No woman will read the book without experiencing at least one big wake-up call about how to live a happier, healthier life.

Book Information

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Customer Reviews

Massachusetts-based gynecologist and menopause specialist Edelman notes that since the lifespan of the average North American woman has risen to age 84, it's likely that females of the current generation will be spending more than one third of their lives in postmenopause. In order to remain healthy, energetic, and productive Edelman urges preventive care and an ongoing relationship with a trustworthy doctor. Although menopause is a healthy state, it also holds potential risks, and according to Edelman, the best way to navigate the postmenopausal years is to be knowledgeable. Accordingly, her text resembles a sit-down talk with a trusted physician on a host of health issues associated with this phase of life. Edelman covers hot flashes, sex drive, hormone replacement therapy, heart disease, thyroid disease, cancer and sleep issues. She includes a chapter on bones and the silent, invisible process of bone thinning, as well as a chapter on mood, memory and mental health. Edelman offers practical tips on taking calcium (in divided doses), advice about urinary tract or bladder infections and a frank discussion of sexual issues. The importance of lifestyle, including diet and exercise, and cancer prevention strategies, are covered as well. With clarity and confidence, Edelman addresses a wide range of essential and timely topics in this information-packed primer for women entering perimenopause and beyond. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Resembles a sit-down talk with a trusted physician... With clarity and confidence, Edelman addresses a wide range of essential and timely topics in this information-packed primer for women entering perimenopause and beyond." (Publishers Weekly)"This is both a guide through the often confusing stories in the media and a tool for taking control of one's health care." (Library Journal)"Menopause does matter, and I will be encouraging my family, friends, patients, and colleagues to read this wonderful book. Dr. Edelman provides practical advice on reducing the risk of cancer and heart disease, as well as improving sleep, memory, bone strength, and sexual pleasure. Case histories using women's own words bring the material to life." (Jan Leslie Shifren, M.D., Director, Vincent Menopause Program, Massachusetts General Hospital)"In a world besieged by misinformation through outrageous marketing, hype, and unproven promises, it is like a breath of fresh air to finally read a well-balanced and scientifically-based book about menopause and the issues regarding hormone and other treatments. This book will answer your questions." (Wulf H. Utian, M.D., Ph.D., DSc, Executive Director, The North American Menopause Society)" Menopause Matters covers so much more than menopause. It is a comprehensive medical guide for all women in their thirties and beyond. Especially important now, when women are being barraged with data on

topics like 'bioidentical hormones,' Dr. Edelman offers expert guidance that truly will help women make informed decisions about their health." (Mary Jane Minkin, M.D., Yale University School of Medicine, and Women's Health Advisor, Prevention magazine)"Wise, witty, and wonderfully up-to-date, Dr. Edelman's compendium is the definitive guide for women navigating the perimenopausal and menopausal years. Debunking the quick fixes, explaining the hot topics in depth, offering step-by-step instructions for starting and maintaining preventive self-care—this user-friendly handbook has it all. A priceless gift." (Nanette Santoro, M.D., Albert Einstein College of Medicine/Montefiore Medical Center)"This user-friendly book for women approaching menopause uses minimal medical jargon and personalizes the different topics." (Doody's Review Service)"Edelman's title is a double entendre—Menopause does impact everyone and there are many aspects to this physiologic milestone... This book is not a dictation of orders from a physician author but a careful sharing of quite important information in a manner to be retained and applied." (Kathleen A. Handal, MD National Association of Medical Communicators)"Exploding many myths and unfounded guidelines, Dr. Julia Edelman takes women's health to a whole new and helpful level with this wonderful guidebook to mid-life and beyond... She approaches these topics from a perspective of respect and caring that I found both refreshing and supportive." (Jeanine M. Swenson, MD, LMFT National Association of Medical Communicators)

I recommend Dr. Edelman's book to my perimenopausal and menopausal patients multiple times per day. Not only does it cover the topics I'm most often asked about, but it also avoids the internet hype, fluff, and misinformation that is so prevalent. She provides sound, current information backed up by references and resources. She is not trying to sell "magic hormone creams". She presents the information clearly and keeps the patient-doctor relationship priority in the discussion.

I have thoroughly enjoyed Dr. Edelman's book. I was pleased to see that she included her opinions on natural approaches, as well as issues on moods, memory, sleep and how to avoid increasing one's risk of cancer and heart disease. A thorough and concise book which I found to be easy reading. I think that the lay person would also find it easy reading because Dr. Edelman explains everything in an easy to understand manner. Great Work! Paula Swenson, LPN Colorado

Knowledge is the key to happiness. For me, this book was very enlightening in understanding and dealing with menopause. Well written and easy to comprehend. I refer back to it often.

DON'T WAIT until you are in menopause!!! Every woman should read this book LONG before any changes start to occur in her body for perimenopause! It tells how to prevent some symptoms and how to live with any once they start. The book just helps all women learn about the natural process of aging in our bodies.

Perfect for any women entering menopause!

Great book.

I have know Julia Edelman personally for about 15 years. She guided me through a difficult time when my husband and I were struggling with infertility. She is a kind, intelligent person who is extremely knowledgeable in her field. Now that I am entering a different phase in my life, I am turning to her again for advice and will take her words to heart.

To all you women out there young and old !!!! found this book a must read for all women you will find out many things you should know it's a great book!She's a smart cookie who knows womans needs..... I would of called it A Must Read For Woman..... Try it you won't be sorry!Carolyn Rogers

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