



Menopause For Dummies

Marcia L. Jones, Theresa Eichenwald, Nancy W. Hall

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Although menopause is a natural and inevitable stage in every woman's life, its physical, mental, and emotional manifestations can vary greatly from one person to the next. Add to this all of the conflicting "expert" information about the benefits, risks, and side effects to which women are exposed on a daily basis, and it's easy to see why most find it difficult to make informed choices about how to deal with their menopausal symptoms.

Authored by a team of acknowledged experts in treating menopausal symptoms, *Menopause For Dummies* arms you with all the information you need to stay in control every step of the way. In plain English, it explains the role menopause plays in a variety of common health problems, such as osteoporosis, stroke, and heart disease. It walks you through proven measures for minimizing your risk of developing complications through including diet and exercise, stress management, hormone replacement, and other techniques. And it arms you with authoritative, up-to-the-minute coverage of:

- Premenopause how to identify it and what it means
- The stages of menopause
- How menopause can affect your body, emotions, and libido
- The latest facts about hormone replacement therapy
- The pros and cons of various alternative treatments
- The best ways of handling hot flashes
- Easing symptoms with diet and exercise
- Preventing bone loss
- Helpful lifestyle changes

With *Menopause For Dummies* in your corner you'll have a kinder, gentler "change of life."

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