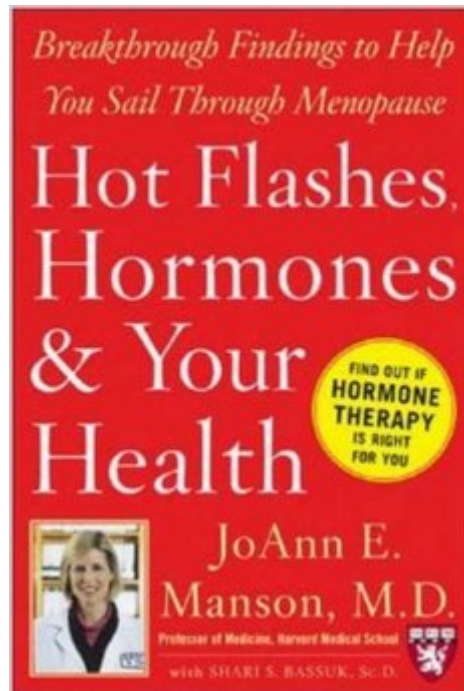


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# Hot Flashes, Hormones, And Your Health (Harvard Medical School Guides)



## Synopsis

What you should know about menopausal hormone therapy--from the renowned Harvard doctor who is one of the pioneers conducting the latest research in the field Recent news stories on the safety of menopausal hormone therapy (also known as hormone replacement therapy, or HRT) have raised public awareness and sparked a national debate. Now learn the facts about this controversial treatment for menopause--from the field's go-to expert. *Hot Flashes, Hormones, and Your Health* explains the changes that occur during menopause. It also provides you with state-of-the-art information to help you make informed decisions about hormone therapy and other options for treating symptoms of menopause. The cutting-edge research and advice presented in this book will help you determine whether to start hormone therapy, or, if you are already taking hormones, whether you should continue to do so. This book will help you work more effectively with your health care provider to make the best decisions about your medical care. If you have taken hormones in the past, *Hot Flashes, Hormones, and Your Health* will also be useful in understanding the overall health effects of this treatment. So, if you are debating whether to start, continue, or stop hormone therapy, *Hot Flashes, Hormones, and Your Health* has the answers you need: The latest scientific evidence on the benefits and risks of managing menopause with hormone therapy Expert guidance in determining whether or not hormone therapy is the right choice for you, and, if it is, when to start, when to stop, and what type to use The truth about bioidentical hormones Healthful and effective options for women who cannot-or prefer not to-use hormone therapy

âœHot Flashes, Hormones & Your Health is one of the best books about menopause I've ever read. It is not only a great book for the woman going through menopause and experiencing this new phase of life, but also for the well-educated healthcare professional who thought she or he had read everything on the topic.

• --from a review by Robyn B. Faye, MD, FACOG; published in *Flashes*, the North America Menopause Society newsletter --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Not a bad review on HRT options. Really quite technical and full of details that anyone but a health care provider will have difficulty fully grasping, but for those laypeople motivated to read it, it will still be quite useful. As a health care provider myself, I wish the book was less wordy and had more bullet point summary charts with just the facts listed about various treatment options. Still, good information overall, and once I get motivated enough to type up my own summary sheets, I will likely use the info quite a bit in practice.

Finally! A source of information about the Women's Health Initiative that presents the real numbers, then explains them in a neutral, non-inflammatory manner. I admit, I believed the media sound bites about the WHI and hormone replacement therapy. After all, scientists stopped the study because of the dangers of HRT. My gynecologist tried again and again to convince me that the study had been skewed toward older women. I listened with skepticism, looked at the data and even tried to read the WHI report (daunting and much too detailed for me). "Hot Flashes Hormones and Your Health" shows that the truth lies somewhere in middle. Yes the study has some flaws. And yes, HRT has some risk factors. And yes, the decision about how to handle menopausal symptoms is a highly individual one that should take into account dozen of factors - age, severity of symptoms, genetics, type of HRT, etc. Whew! It's a lot to comprehend. But Dr. Manson and her co-author have managed to present a mountain of scientific data in a way that is as user-friendly as possible. And if you don't want to plow through the charts and graphs, there are succinct summaries at the end of each chapter. I was pleased to see that while the book is primarily a review of the WHI data, Dr. Manson presents information about alternative treatments for menopausal symptoms, to the extent that scientific data is available on their effectiveness. I especially liked the conversational tone of the book - surprising, given the complexity of the subject matter. Kudos to Dr. Manson and her co-author. Bottom line: solid data from one of the architects of the WHI with supporting statistics from other relevant women's studies. I recommend it highly!

I've purchased and borrowed at least a dozen menopause books, but this one is my go to. Research results are written in concise sections/paragraphs, there's no judgment, and it significantly cut through the conflicting info I was getting from the other resources. I like reading about the risks of

HRT with the research to back it up, but was weary of wading through hundreds of pages in the other books. I was initially leary of trusting it because of its 2007 copyright, but with several pages flagged I felt ready to discuss options with my doctor. It's only 270 pages total with easy to access sections and fits in a midsize purse.

Although I am well educated in hormone replacement therapy and the associated risks and advantages, I didn't truly appreciate the loss of quality of life until I was in full menopausal symptoms. This book and resulting research helped me to choose low dose estrogen replacement therapy which has saved both my relationship with my husband and my sanity. Thank you!

This book is really helping me understand the changes my body is going through during menopause. I feel like I can take charge of my health now and make much more knowledgeable decisions about whether or not to take hormone therapy. The book helped me to understand the different options out there and really helped clear the confusion about bioidentical hormones, pills versus patches, and all the other choices. All women should read this book.

Interesting and informative book but didn't translate well to the Kindle. Tables of data were impossible to read on the Kindle and sidebars didn't appear as such so it seemed that the book was poorly edited.

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