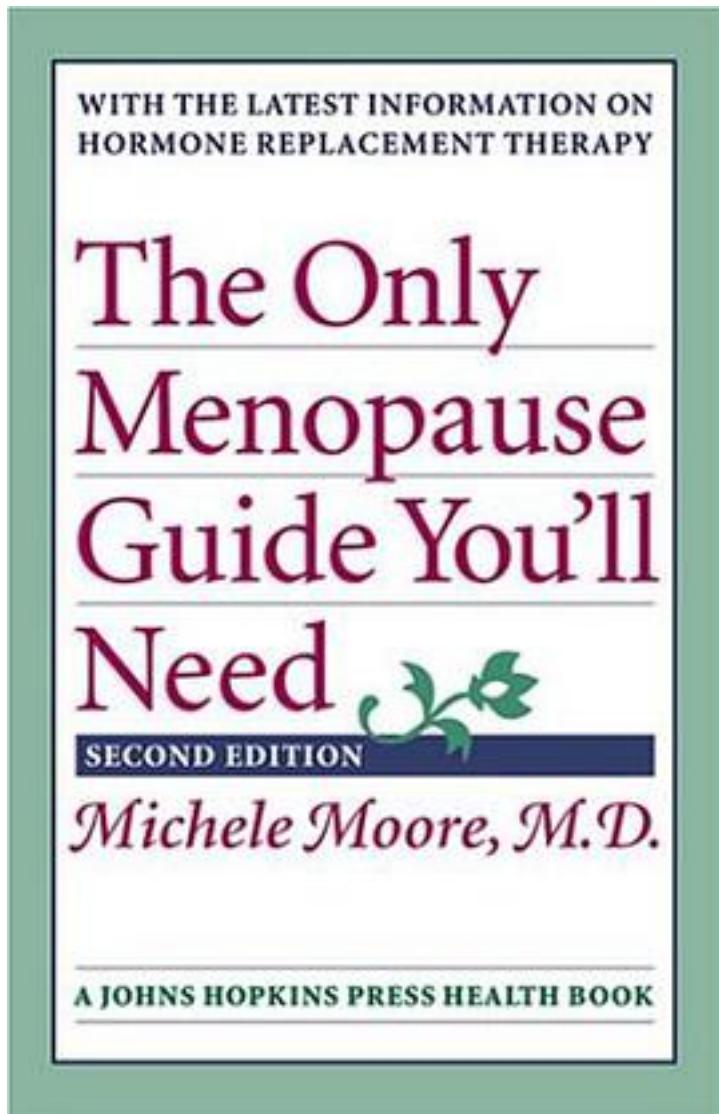


# The Only Menopause Guide You'll Need



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出版者:Johns Hopkins Univ Pr

出版时间:2004-10

装帧:Pap

isbn:9780801880131

For women facing decisions about treatment for the symptoms of menopause, the second edition of this landmark work features a new chapter that addresses the latest findings about hormone replacement therapy. Dr. Michele Moore helps patients make informed treatment choices and offers a balanced account of options that range from traditional medical practice to holistic and alternative approaches. Drawing on her own experience as well the experiences of friends, colleagues, and patients, Dr. Moore provides information about the symptoms of perimenopause, menopause, and postmenopause. Her analysis of treatment options includes lifestyle changes and herbal and homeopathic remedies in addition to allopathic medicine. Above all, she encourages patients to participate actively in their own health care, accept responsibility for their choices, and cope with the consequences of those choices while remaining proactive. She also emphasizes the need for each woman to monitor her health condition closely and to reassess her situation as her health needs change through the years. Sympathetic and authoritative, this helpful book prepares women to deal with the inevitable changes in body, mind, and spirit that accompany menopause.

作者介绍:

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