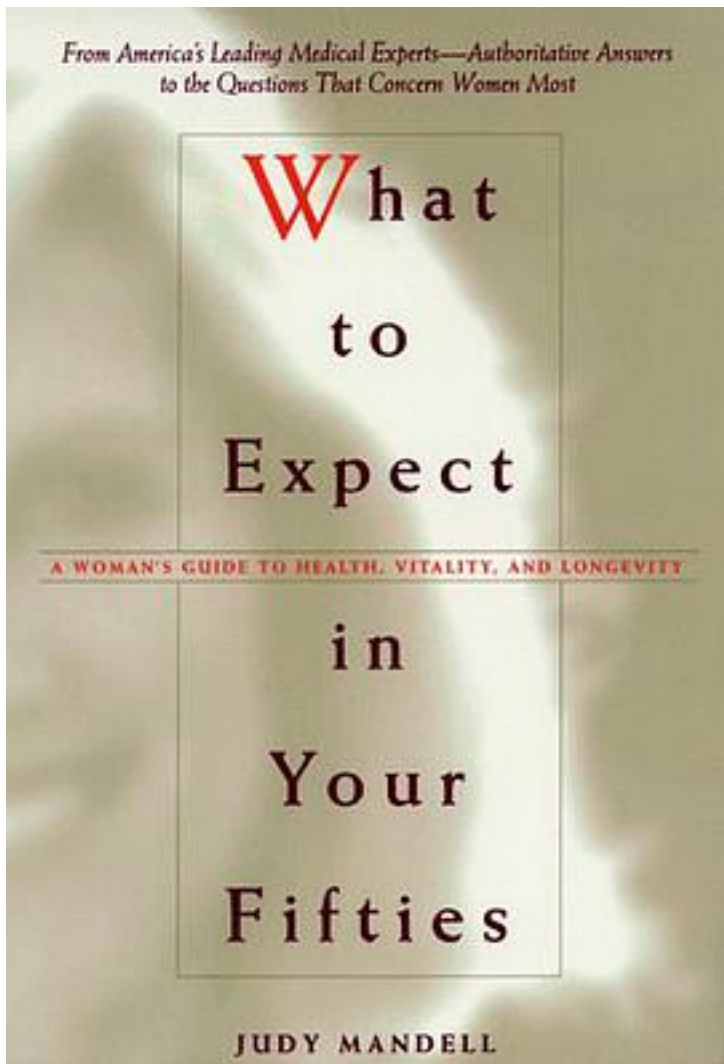


What to Expect in Your Fifties



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著者:Judy Mandell

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Amazon.com "The fifties is a time of profound change for a woman, " says Judy Mandell. There's menopause, of course, plus an array of other conditions and symptoms that we face as our bodies age. An important issue is the contradictory health-care advice we get from doctors, the media, and other sources. Should we take estrogen? How can we decrease the risk of breast cancer? What should we do about headaches, foot pain, weight gain, hearing loss? Mandell assembled a bevy of experts and asked them about their specialties and how women in their 50s can stay healthy. The result is a medical guide consisting of 37 interviews with physicians and scientists. What to Expect in Your Fifties uses a question-and-answer interview format effectively. Reading this book is like getting a second and sometimes third opinion on whatever topic concerns you from people who are at the top of their fields. Every medical issue and body change that affects women over 50 is examined here: menopause, breast health, osteoporosis, gastrointestinal conditions, backaches, gum disease, headaches, memory loss, insomnia, heart disease, cosmetic surgery, and much more. It's a good read, and a great education about your health needs. --Joan Price From Library Journal As women enter their fifties, they undergo physical and emotional changes. Mandell, a freelance writer, offers a comprehensive look at the health issues that concern women in this age group. Her book is divided into six general sections: General Health, Body Systems, Brain/Mind Systems, Prevention, Maintenance, and Rejuvenation. Each section comprises six to eight chapters focused on specific subjects and arranged in a question-and-answer format, with specialists discussing the basics in clear, easily understood terms. Anyone seeking detailed information will not find it here, but this is an excellent overview of the health concerns of women in this age group. Recommended for larger consumer health collections.?Susan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, OH Copyright 1998 Reed Business Information, Inc. See all Editorial Reviews

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