

Menopause



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著者:Sievert, Lynnette Leidy

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Menopause is a biological reality for all women in their forties and fifties. Yet the way we think about the cessation of menstruation is influenced by a variety of factors. Cultural and technological influences combine with biology to transform this universal phenomenon into an experience that varies considerably between cultures and individuals.

In this concise textbook, Lynnette Leidy Sievert draws on her own case studies from Puebla, Mexico, and western Massachusetts, as well as on comparative data from other studies in places such as Slovenia, Paraguay, and Hawaii to explore the different ways that women experience menopause around the world. Sievert suggests that attempts by medical professionals to define the "normal" occurrence of menopause, including its typical onset and symptoms, may not be realistic when considering how lifestyle, nutrition, and workload can contribute to diverging realities. She explores how women feel about interventions such as hysterectomies, chemotherapy, and other medical procedures and treatments that stop menstruation prematurely. Chapters also consider recent advances in technology, including post-menopausal birth, which have turned what was previously an unavoidable end of fertility into something that can be postponed.

作者介绍:

Lynnette Leidy Sievert, BSN, PhD

Department of Anthropology

Machmer Hall, 240 Hicks Way

University of Massachusetts at Amherst

Amherst, MA 01003

EDUCATION:

1/88-5/91 State University of New York at Albany

PhD in Biological Anthropology

9/86-12/87 State University of New York at Albany

MA in Anthropology

9/84-8/85 University of New Mexico, Albuquerque, NM

18 credits graduate study in Anthropology, Research in Almeria, Spain

9/80-12/83 Bloomsburg University, Bloomsburg, PA

BSN Double major in Nursing and Spanish, Nursing experience in Mexico

SELECTED PUBLICATIONS:

Book:

(2006) Sievert LL. Menopause: A Biocultural Perspective. Rutgers University Press.

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