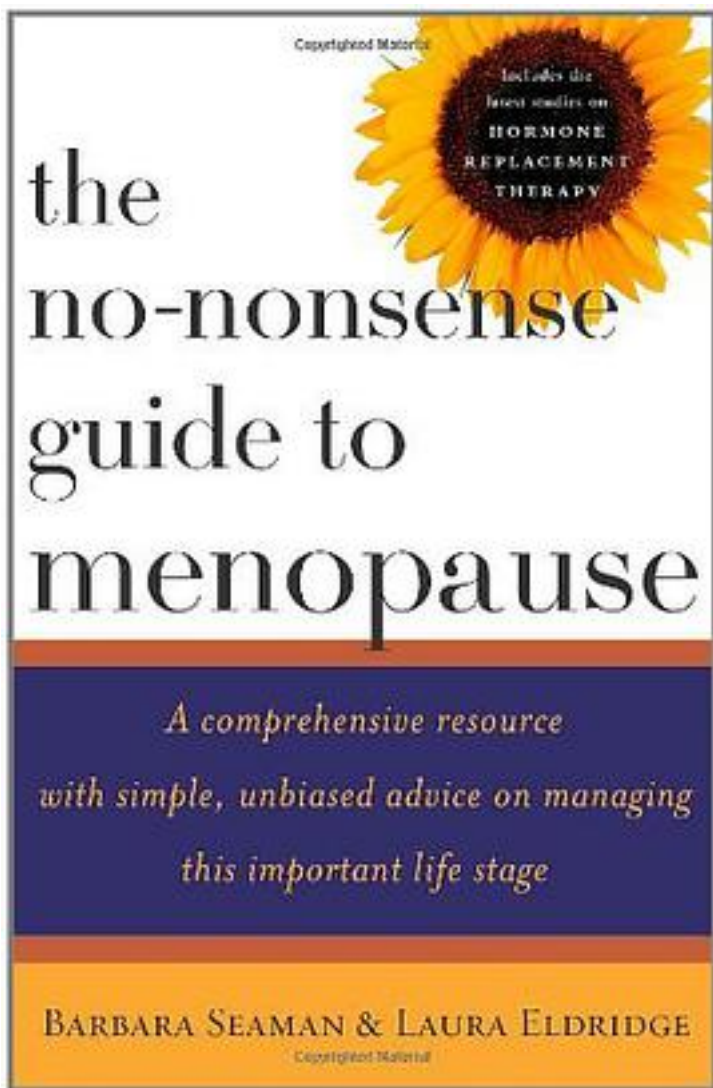


The No-Nonsense Guide to the Menopause



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When the groundbreaking NIH Premarin Trials shattered Hormone Replacement Therapy's status as menopause panacea, women were left feeling helpless: there was a wide array of choices about how to handle menopause, but a dearth of information about the possible consequences of these new and difficult decisions about treatment. Increasingly wary of profit-motivated drug companies and the doctors they influence, they are scrambling to find unbiased, straightforward advice. The No-Nonsense Guide to Menopause will answer this need by presenting this information in a clear and un-intimidating manner. The authors will be sensitive to the new scepticism about menopause treatments by emphasizing self-education, offering advice on what questions to ask doctors, giving strategies for assessing the validity of data provided by new studies. Recognizing that each woman experiences menopause differently, the authors address a range of physical and emotional responses to this important life stage. A comprehensive resource, The No-Nonsense Guide gives the big picture on just about everything we really know about menopause and its aftermath, medically culturally, socially, sexually and even financially.

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