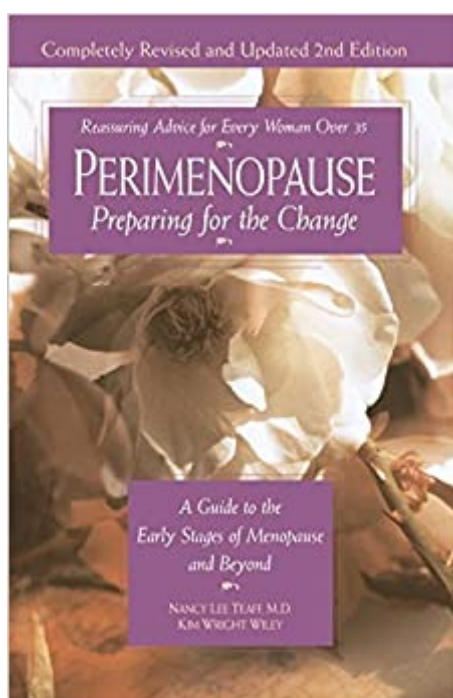


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# Perimenopause--Preparing For The Change, Revised 2nd Edition: A Guide To The Early Stages Of Menopause And Beyond



## Synopsis

Every Woman's Guide to Taking Charge of the Change Did you know that the symptoms associated with menopause can begin fifteen years prior to its onset? During this seldom-recognized stage--called perimenopause--many women may experience hot flashes, mood swings, irregular menstrual cycles, sleeping disorders, and what some describe as "PMS all month." It doesn't have to be that way. Authors Nancy Lee Teaff, M.D., and Kim Wright Wiley offer real solutions in a reader-friendly style. Inside you'll learn everything you need to know about this important stage of life, including:

- What perimenopause is, how to diagnose it, and what it means to you
- The effectiveness of different medical treatments and natural alternatives
- How to create a healthy lifestyle through stress management, weight control, exercise, diet, and nutrition
- How perimenopause affects sexuality, fertility, and pregnancy

This book gives you the tools you need to stay healthy and feel good about yourself--before, during, and after the change.

## Book Information

Paperback: 256 pages

Publisher: Harmony; 2nd Revised ed. edition (August 4, 1999)

Language: English

ISBN-10: 0761519289

ISBN-13: 978-0761519287

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,593,193 in Books (See Top 100 in Books) #95 in Books > Health, Fitness

& Dieting > Women's Health > Menopause #1497 in Books > Health, Fitness & Dieting >

Reference #3731 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

Every Woman's Guide to Taking Charge of the Change

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reader-friendly style. Inside you'll learn everything you need to know about this important stage of life, including: -What perimenopause is, how to diagnose it, and what it means to you -The effectiveness of different medical treatments and natural alternatives -How to create a healthy lifestyle through stress management, weight control, exercise, diet, and nutrition -How perimenopause affects sexuality, fertility, and pregnancy This book gives you the tools you need to stay healthy and feel good about yourself--before, during, and after the change.

A good read, but repetitive of information widely available. Also, was seeking a book that focused on perimenopause only, and this one dedicated too much to pregnancy post 40's, of which I have no interest and thus did not apply to me.

As I approach Perimenopause, I've been reading as many books as I can on the subject so I know what's going to happen and what I can do to relieve the symptoms. This book has been a great help. It explains what will happen and why it is happening. There's a handy list of symptoms of Perimenopause and solutions to these symptoms. There's a list of what routine checkups a woman should have at certain ages. Hormone Replacement Therapy is discussed as well as natural remedies for those who don't want to go the HRT route. The book also has chapters on the four major diseases women face as they age and how they can help prevent the diseases through weight control, diet, and exercise. Fertility and Infertility is discussed at length as is sexuality and Menopause. There's a chapter on how to find the right doctor and a very helpful chapter with examples of what some women went through during Menopause. This was a very informative book. I can't say I'm looking forward to Perimenopause, but at least now I know what's going to happen. There were many charts that I found helpful, especially the ones showing the risk factors for Breast Cancer, Alzheimer's, Heart Disease and Osteoporosis. Scary stuff but good to know. The list of symptoms of Perimenopause was also helpful. The one qualm I have about this book is that it was written in 1999 and discusses HRT as being more risk free than recent studies have shown. The authors have already revised the book once and I'm hoping they put out a third edition discussing the study results.

This book covers everything you need to know about perimenopause & menopause. Very informative, I have purchased several this is my favorite. It arrived in a timely manner and was as described.

Found some interesting tidbits of information in this book. Good source of information

Good book, but needs updating.

It was for my Wife, so I haven't read it. Maybe I should?

has helped me understand what is happening to me. would recommend it to anyone that is wondering why they are losing it. LOL

I really loved the way the authors in this book paid particular attention to how we as women can communicate with their doctors. Too often women are almost afraid to explain their personal situation fully to a doctor because they view that person as an authority figure; or they get put off because they feel that their doctor is rushing them. Because menopause affects women differently it is important that women can talk to their doctor to ensure that the symptoms they are going through are menopausal related (especially during perimenopause) and not indicative of a more serious illness. Full kudo's to the authors for explaining this so thoroughly. Lisa Oliver Author of 29 Ways to Survive and Thrive Through Perimenopause

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