

The Knowledge Of Menopause And Its Treatment Among Orang

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Attitudes Toward Menopause in a Faith-based Community - Becky L. Parrish
2010

Managing Hot Flushes with Group Cognitive Behaviour Therapy - Myra Hunter
2014-12-05

Following the success of *Managing Hot Flushes and Night Sweats* which outlines a self-help, CBT-based programme for dealing with menopausal symptoms, Myra Hunter and Melanie Smith have developed a pioneering group treatment for women going through the menopause. *Managing Hot Flushes with Group Cognitive Behaviour Therapy* is an evidence-based manual drawing on their research which has demonstrated, in randomised controlled trials, that group CBT effectively reduces the impact of hot flushes and night sweats. The treatment is effective for women going through a natural menopause and for women who have menopausal symptoms following breast cancer treatments and for other groups of women who have troublesome symptoms. This manual provides health professionals with

everything they need to run groups to help women to manage hot flushes and night sweats. *Managing Hot Flushes with Group Cognitive Behaviour Therapy* equips health professionals with knowledge, skills and materials to run groups to help women to manage menopausal symptoms in 6 (or 4) weekly sessions without the need for medication. It is easy to use with a companion audio exercise and downloadable/photocopiable resources on line, as well as power-point slides, homework sheets and diaries. Following Group CBT women have the information, practical skills and strategies to help them to cope with hot flushes and night sweats, and also report improvements in sleep and quality of life. This manual will be an essential resource for nurses, psychologists, counsellors, psychological wellbeing practitioners and cognitive behaviour therapists working in health care and voluntary settings.

Menopause - Joan C. Callahan 1993-09-22

"In *Menopause: A Midlife Passage*, [questions about menopause] are considered in depth from a dazzling variety of angles. This is just the serious feminist discussion of menopause that I have been longing for.... its exquisite analyses

renew us in our struggles to make sense of it all." -- Alice Dan, Women's Review of Books "Menopause has become a hot (with or without the flashes) topic in America. That's because a critical mass of us have reached it and are educated, aggressive, and confident enough to want to know what's happening to us, and then to talk about it.... Smart, useful, funny, Menopause: A Midlife Passage is a fine addition to the discussion, a healthy companion for this all-important life passage." -- Susan Stamberg, Special Correspondent, National Public Radio "Editor Callahan takes anything but a trendy approach to a very trendy topic. She's gathered essays by scholarly women who have thought through society's position on menopause and menopausal women and don't like what they see: older women denied positive portrayals in mainstream media, menopause treated by the medical establishment as if it were a disease rather than a natural occurrence, and devaluation of older women. Determined to change people's minds with their words, these women speak both powerfully and empoweringly. A must for feminist and women's health collections." -- Booklist "... a bold attempt to go beyond the standard medical framing of women's experience, and to contest the notion that the menopause is straightforwardly a hormonal 'deficiency disease'." -- New Scientist "... [an] entertaining and informative book that takes a very positive attitude toward the 'midlife passage'." -- Fertility News "This book should be required reading for all women's health care providers and anyone else doing counseling of menopausal women." -- Journal of Women & Aging Essayists from various walks of life present female-defined perspectives on menopause and the passage to new physical, social, and cultural development. The Relationship of Menopause Knowledge, Primary Source of Information and the Likelihood of Taking Hormone Replacement Therapy Among Low-Income African-American Women - Evelyn Pearl Thompson Gladney 1997

The Role of Menopause and Gender Difference in Aging on the Development

of Disease in Mid-life and Older Women - United States. Congress. Senate. Committee on Labor and Human Resources. Subcommittee on Aging 1992

Menopause - Donna E. Stewart 2007-05-03

Organized for ease of use by today's busy mental health clinicians, *Menopause: A Mental Health Practitioner's Guide* describes the latest knowledge and clinical recommendations associated with menopause in a single, concise guide that is clearly written and comprehensive in scope. Menopause is about change -- but it is also a normal life stage traversed by most women with little or no difficulty. Not all women have symptoms as they transition to menopause, and women with symptoms experience them in different combinations and levels of intensity. The management of perimenopause and menopause is also rapidly changing. The past 5 years have seen truly dramatic changes in our scientific knowledge of and medical recommendations for perimenopause and menopause. For example, until recently, hormone replacement therapy was highly advocated as an essential aspect of care for women in perimenopause and menopause. Even the definitions used to describe the different time periods and stages associated with natural (i.e., nonsurgical) menopause have changed over time and can be confusing. Thus, *Menopause: A Mental Health Practitioner's Guide* uses the 1994 World Health Organization Scientific Group on Research in the Menopause terminology, augmented by more recent refinements made by the Stages of Reproductive Aging Workshop. The essential *Menopause: A Mental Health Practitioner's Guide* sheds light on the complexity and constant change integral to the study and treatment of menopause, bringing together the current work of 14 internationally recognized menopause experts in psychiatry, neuroscience, gynecology, and internal medicine. After an introductory chapter sets the contexts of midlife in women, subsequent chapters in *Menopause: A Mental Health Practitioner's Guide* cover the following topics: The basic physiology of

the menopausal transition and menopause. The effects of gonadal hormones on the central nervous system, and in particular, depression, anxiety, and irritability during the menopausal transition and midlife. New research findings and clinical advice about the effect of gonadal hormones and menopause on psychotic illness in women. An examination of the medical aspects of and the gynecologic aspects of perimenopause and menopause. A look beyond menopause to the psychopathology and psychotherapy of older women in various cultures. The timely information contained in *Menopause: A Mental Health Practitioner's Guide* will help mental health professionals to formulate current, best understanding and treatment for the psychological problems that some women experience as they traverse perimenopause and menopause.

Knowledge of Hormone Replacement Therapy's Risk & Benefits, Its Cardioprotective Properties and the Likelihood to Use Hormone Replacement Therapy - Veta A. Ruck 1996

A Study of the Knowledge, Attitudes and Beliefs Related to Menopause and Hormone Replacement Therapy in African American Women - Nancy H. Frizzell 2001

Understanding Menopause - Karen Ballard 2003-07-01

"A clear, balanced, and up-to-date guide to dealing with issues arising from the menopause - it couldn't have come at a better time." —Dr Mark Porter, Practising GP, well known Writer and Broadcaster As the variety of treatments to alleviate the physical and psychological symptoms of menopause continues to expand, doctors are encouraging women to take an active role in choosing treatment options for themselves. *Understanding Menopause* will help you to make these decisions by providing clear, unbiased information about all aspects of menopause, as well as first-person accounts by women of

their psychological and sociological menopausal experiences. Written by an expert in women's health, this reader-friendly guide bridges the gap between medical knowledge and everyday life to help you cope with the menopause both physically and mentally. Features women's accounts of what the menopause actually feels like Includes the most up-to-date information on the results of the recent high-profile study into the risks of heart disease and stroke amongst women who have taken HRT Written in an easy-to-understand style by an expert on women's health

Menopause: The One-Stop Guide - Kathy Abernethy 2019-10-03

Practical advice from an award-winning specialist nurse. Highly Commended, British Medical Association Book Awards Designed to help determine what will work best for you, *Menopause: The One-Stop Guide* offers detailed knowledge about the physiological and psychological effects of the menopause and its treatments, so you can make confident decisions about your health. It includes: - What to expect and what's 'normal' - How to manage symptoms with lifestyle changes - Everything you need to know about hormone replacement therapy, including body-identical HRT - Specific chapters on young menopause and menopause after cancer. With clear guidance on recognising symptoms, getting help and staying positive, this companion will inform and reassure you through your menopause and beyond.

Menopause: The Modern Woman's Guide to a Life-Changing Transition -

Ethan D. Anderson

"Demystifying the menopause journey for a healthier, happier you." Are you or someone you love entering the life-changing phase of menopause? Embrace the journey and empower yourself with knowledge, understanding, and support with "*Menopause: The Modern Woman's Guide to a Life-Changing Transition*." This comprehensive guide covers everything you need to know about menopause, from its onset to managing its symptoms and leading a vibrant, fulfilling life throughout the transition. Inside this essential

resource, you'll find: An introduction to menopause, its stages, and the changing hormones that accompany this natural process. A detailed discussion of common symptoms, including hot flashes, night sweats, mood swings, and decreased libido, among others. Guidance on navigating the stages of menopause, including perimenopause, menopause, and postmenopause. An exploration of the causes of menopause, including natural menopause, premature menopause, induced menopause, and menopause-like symptoms related to IVF, PCOS, and gender affirmation. Information on potential health risks and complications associated with menopause, such as osteoporosis, cardiovascular disease, and depression. Expert advice on diagnosing menopause through physical examinations, hormone tests, and other assessments. A comprehensive overview of treatment options, including hormone replacement therapy (HRT), low-dose antidepressants, vaginal estrogen, and non-hormonal treatments. Practical lifestyle changes to manage menopause symptoms, including exercise, diet, stress reduction techniques, and smoking cessation. A look at complementary and alternative medicine options, such as herbal supplements, acupuncture, and yoga. Tips on talking to your doctor about menopause and when to seek medical help. In-depth discussion of menopause and sexuality, including changes in sexual function and treatment options for sexual dysfunction. Coping strategies and emotional support during menopause, including advice on living with someone going through menopause and how menopause affects family life. Inspiring personal stories from women who have navigated the menopause journey and emerged stronger, wiser, and more resilient. "Menopause: The Modern Woman's Guide to a Life-Changing Transition" is an invaluable resource for women seeking to understand, manage, and embrace the menopause journey. This book empowers readers with the knowledge and tools they need to make informed decisions about their health and wellness during this transformative time. Don't let fear and uncertainty hold you back from taking

control of your menopause experience. Order your copy today and embrace the change with confidence and grace. Table Of Contents: Introduction to Menopause What is Menopause? Changing Hormones Average age of onset How Do I Know if I'm in Menopause? Common symptoms Hot Flashes Night Sweats Mood swings, irritability, depression, anxiety Difficulty sleeping Decreased libido Irregular periods Incontinence Thinning hair Joint pain Weight gain Psychological Symptoms Stages of Menopause Perimenopause Menopause Postmenopause How long will menopause symptoms last? Causes of Menopause Natural menopause Premature menopause Induced menopause Menopause-like symptoms in IVF and PCOS Gender Affirmation Menopause Andropause Complications and Risk Factors Health Risks Associated with Menopause Osteoporosis Cardiovascular Disease Depression and anxiety Breast Cancer High Cholesterol Risk Sexual health Cognitive functions Diagnosis of Menopause Physical Examination Hormone Tests Thyroid Function Tests Lipid Profile Treatment Options for Menopause Hormone Replacement Therapy (HRT) Low-dose antidepressants Vaginal estrogen Non-Hormonal Treatments Lifestyle Changes Complementary and Alternative Medicine Lifestyle Changes to Manage Menopause Exercise Diet Stress Reduction Techniques Smoking Cessation Complementary and Alternative Medicine Herbal Supplements Acupuncture Yoga Talking to Your Doctor About Menopause When to Seek Medical Help Questions to Ask Your Doctor Menopause and Sexuality Changes in Sexual Function Treatment Options for Sexual Dysfunction Coping with Menopause Emotional Impact of Menopause Coping Strategies Living with someone going through Menopause How Menopause affects family life How Menopause affects children in your home Partner Support during Menopause Personal Stories Frequently Asked Questions + More

The Relationship Between Knowledge of Menopause and Perception of Menopause - Sharon Kay Spanbauer 1997

The Estrogen Window - Mache Seibel 2016-04-12

When administered at the right time, estrogen therapy can lead to substantial improvements in a woman's quality of life. Yet, for more than a decade, women have been told about many worrisome side effects of hormone replacement therapy, including an increased risk of cancer, blood clots, and heart disease. In *The Estrogen Window*, Dr. Mache Seibel shows that not taking estrogen at the right time following menopause actually increases the risk of suffering one of those events. Falling estrogen levels also increase a woman's risk for heart disease and Alzheimer's, as well as osteoporosis. Dr. Seibel presents groundbreaking research that proves how every woman has an "estrogen window," an ideal time to begin estrogen replacement, which can minimize menopausal symptoms such as hot flashes, night sweats, mood swings, fractured sleep, brain fog, irritability, and weight gain. Not only can women safely take estrogen during this window, but also taking the hormone this way provides a wide range of health benefits that guarantee women increased protection from the very conditions they have been led to fear most.

Comprehensive Management of Menopause - Jacques Lorrain 1994

A thorough review of relevant facts about menopause from every known medical specialty that has anything to say about it. Covers physiology, diagnosis, and epidemiology; medical and gynecological aspects; other problems such as breast disease, skin care, and sleep disturbance; and management and therapeutic guidelines. Because the specialist contributors are writing for nonspecialists, most of the text is accessible to readers with a minimum of medical knowledge. Annotation copyright by Book News, Inc., Portland, OR

Nurse Practitioners Views on Menopause - Teresa Mona Deprey 1997

Menopause is a critical life-cycle transition for women, and is associated with osteoporosis and cardiovascular disease, leading causes of morbidity and

mortality in US women. Efforts to curb symptoms of menopause include HRT and ERT, although conflicting evidence exists linking ERT and HRT with the risk of breast cancer. Physicians attitudes and preferred mode of treatment have been extensively studied, but with the increased utilization of nurse practitioners in the field, a new paradigm is being established. The overall goal of this study was to assess the nurse practitioners knowledge and attitudes about menopause, hormone replacement therapy and estrogen replacement therapy. More specifically, the objectives include to: 1) determine methods of patient education for menopausal women; 2) examine whether attitudes of menopause are predictors of preferred modes of treatment; and 3) determine whether demographic factors of nurse practitioners are predictors of preferred modes of treatment. A random selection of nurse practitioners from the state of Oregon were mailed a self-administered survey along with a stamped, addressed envelope. The questionnaire focused on knowledge of menopausal treatments, attitudes of menopause, continuing education in the menopause research, and methods of patient education. Follow-up surveys were mailed to non-responders at two and four-week intervals following the first mailing. Response rate was 60% with a sample size of 192. Results describe the management practices of nurse practitioners and what influenced their prescribing and management practices. The influences included the following factors: perceptions about adequacy of formal education, continuing education and attitudes about menopause and managing menopause. Only 47.4% of the respondents felt that their formal education in menopause treatment and protocols was adequate. When asked how they treated women, a majority (64.6%) of the nurse practitioners depended on the women and her beliefs about menopause, HRT, and ERT when they considered how they cared for a menopausal women. Sixty-one percent were very likely to take time during a visit to discuss the changes a woman was going through, while 23.7% were most likely to answer questions if the client had any, otherwise leave the

introduction of menopause to the client. When contraindications were present, all nurse practitioners were less likely to prescribe both ERT and HRT. A surprising trend was the high number of participants who were uncertain about how they would prescribe when contraindications were present. In summary, this study describes Oregon nurse practitioners attitudes about menopause, the perceived adequacy of their formal education, and likelihood of prescribing ERT and HRT. Since almost 50% of the nurse practitioners felt their education was inadequate in menopause, a systematic analysis of masters level nurse practitioner programs in the area of menopause and menopausal treatments is needed. Ideally, a nationwide survey comparing physicians and nurse practitioners prescribing practices would help quantify differences between the two types of health care providers.

A Survey of the Knowledge, Attitudes and Practices of Postmenopausal Women Regarding Hormone Replacement Therapy - Laurie A. MacDougall 1995

The Definitive Guide to the Perimenopause and Menopause - The Sunday Times bestseller - Dr Louise Newson 2023-03-16

It's time to talk about the menopause openly, to dispel the myths and inform every woman of their choices for this important stage of life. Dr Louise Newson is one of the UK's leading medical experts on the menopause; the doctor "who kick started the menopause revolution". Having transformed the lives of hundreds and thousands of women and their families through her work, Dr Louise is determined to help even more women thrive, to debunk myths and break taboos, and to educate everyone - including men - about the menopause. Having worked as a GP as well as opening Newson Health menopause clinic, she has built a wealth of knowledge from first-hand experience of treating perimenopausal and menopausal women. In this definitive guide, Dr Newson lays out everything women need to know to

understand and reclaim their power during this stage of life: what to expect, how best to manage symptoms, and what help is available. Drawing upon exclusive new research, hundreds of case studies and Dr Newson's personal experience, *The Definitive Guide to the Perimenopause and Menopause* shares the facts, the science plus a range of medical and lifestyle changes that could help you, including: - The key facts about hormones - The essential guide to HRT - Navigating an early menopause - Exercising and the menopause - Eating for a better menopause - Taking care of your mental health during the menopause - Real case studies from women - Expert views from specialists Julia Samuel, Joe Wicks, Dr Rupy Aujla and many more This essential guide will leave you with a clear understanding of what perimenopause and menopause is, how best to navigate your relationships and career and it will arm you with the knowledge and tools to help you thrive through this vital phase of life.

Women's Knowledge Level about Menopause and Its Treatment - Kerianne Anastasia 2000

Menopause - Barry G. Wren 2014-06

From a gynecologist and menopause researcher of 40 years, a guide empowering women with the knowledge to make health decisions around menopause that suit their needs and lifestyle A woman's menopause is part of her aging process, the beginning of a journey of personal change and growth. However, this new stage of life and how to deal with the emotional and physical changes of it does not come with a road map. This guide provides some direction and a new understanding of menopause. With more than 40 years experience as a gynecological endocrinologist, Dr. Wren has researched the pros and cons of hormone replacement therapy (HRT), and presents them here in easy-to-understand language. The book covers the mental, physical, and emotional effects of menopause, and outlines the case for and against HRT

and alternative therapies and the choices available to women to treat the symptoms of menopause. It seeks to clarify the role of estrogen in maintaining a woman's health, explaining that estrogen therapy plays a major role in reduction of disease in a postmenopausal woman as well as increasing her longevity.

Endocrine Replacement Therapy in Clinical Practice - A. Wayne Meikle
2003-04-24

Endocrine Replacement Therapy in Clinical Practice, an update of Hormone Replacement Therapy published by Humana Press in 1999, aims to assist the endocrinologist, gynecologist, pediatrician, urologist, general surgeon, neurologist, neurosurgeon, psychiatrist, generalist, and trainee in management of their patients with hormonal deficiencies or altered hormonal synthesis or responses. Many new authors have added several new chapters, and all of the previous chapters have been updated. Endocrine testing used to diagnose endocrine disorders and monitor hormone replacement therapy is reviewed. However, detailed discussion of physiology and pathophysiology is not an aim of this book, and these topics are covered in other volumes on endocrinology. Although no one is considered an expert in all areas of endocrine replacement therapy, each of the authors here have extensive knowledge and experience in the management of patients with specific endocrine disorders requiring hormone replacement treatment. Although some differences of opinion exist among experts in replacement therapy, each writer has attempted to give a balanced, unbiased recommendation. When comparable regimens exist, the authors have made this apparent to the reader who can then choose the best treatment for the individual patient. Cost, therapeutic effectiveness, and route of administration are all important considerations in making the final selection of replacement therapy.

Menopause - Amresh Mohan

The aim of this book is to discuss the issues relevant to the Physical Therapy

on health standards for menopausal conditions and its stages effect on nutrition and physical fitness. The primary objectives of this book is to enable a Physical Therapist to: 1. Understand proper symptoms, treatments, proper nutrition, fitness and weight management guidelines for menopausal condition relevant groups. 2. Explore how physical workouts and exercise can benefit to the patient. 3. Understand effect of exercise programme on menopausal condition and get the foundational knowledge from the professional certified fitness trainers. Menopause is condition of middle age, i.e., 43-48 in females, in menopausal condition the physical workout and diet planning is most important concern. This book provide complete knowledge of Menopause, its symptoms, risk factor of menopause in female and its treatment methods. This book provides nutrition, fitness guidelines and weight management strategies physical training modules to help patients improve their overall emotional and physical health.

The Assessment of Women's Knowledge of Menopause - Justine Carter 2011

Purpose of this study was to assess the amount of knowledge women have about menopause, its symptoms, and treatment options with an emphasis on using exercise as management tool. Fifty-two women from 40-65 years old volunteered to take the survey, in which most questions were taken from the NAMS-Gallup Survey of 1994. Two sites were utilized for data collection: the Capital Region site (29 participants) and the Central NY site (23 participants). Results indicated that menopausal women have sought out information about menopause by discussions with a doctor in order to help manage their symptoms. Topics discussed most often with a doctor included osteoporosis, calcium supplements, exercise, healthy eating, weight, and emotional and mental health. Only a little more than half of the participants had discussed exercise with a doctor, expressing a greater need for improved communication on that topic. Women were generally satisfied at some level with the information they have received and believe that symptoms can be

dealt with by using natural (non-HRT) methods though most women have not tried those methods. From analysis of this active cohort (>82% being active 3 or more days per week) it was found that physical activity was not significantly correlated to lesser severity ratings of the top three most experienced symptoms. While not statistically significant in this study, other research has shown the importance of exercise to help aid women through this process and women in this cohort have adopted physical activity regimens to help cope with menopause. Sources, satisfaction of information, treatment options, physical activity associated with severity of symptoms, and interest of learning more were primary hypotheses of this study and while most were supported, physical activity and severity of symptoms need further evaluation. Exercise still remains a highly suggested treatment option to help women deal with menopause.

Hormone Replacement Therapy - A. Wayne Meikle 1999-06-01

A. Wayne Meikle and a distinguished panel of expert clinicians bring to bear their extensive knowledge and experience in managing adults and children undergoing hormone replacement therapy for the pituitary, parathyroid, thyroid, pancreas, adrenal glands, and gonads. Emphasizing proper patient management, the book provides to specialists and general practitioners alike time-tested, cutting-edge guidelines on the use, monitoring, and dosage of hormone therapeutics in the treatment of disorders of endocrine function, while giving an exhaustive analysis of each therapy. Comprehensive and eminently practical, Hormone Replacement Therapy captures the most recent advances in hormone replacement therapeutics and is certain to serve endocrinologists, gynecologists, pediatricians, urologists, internists, and family practitioners as today's standard reference for managing and monitoring their patients.

Latina Women's Knowledge Level and Acculturation Status Regarding Menopause and Its Treatment - Mariangeli Marrero Hamilton 2001

The Little Book of Menopause - James Woods 2017-07

The Knowledge of Menopause : an Analysis of Scientific and Everyday Discourses - Geri L. Dickson 1989

Sleep Disorders in Women: From Menarche Through Pregnancy to Menopause - Hrayr P. Attarian 2007-11-10

Increasing attention is currently being directed to a variety of health disorders that are either unique to or more common among women than men. This volume adds sleep disorders to the list of those in which important gender differences have been neglected. Sleep Disorders in Women: A Guide to Practical Management - plores the reasons for gender bias in this area of research and provides a comprehensive and in-depth review of what is currently known and what still remains to be studied concerning this important topic. As several contributors to this volume indicate, numerous misconceptions exist due, not surprisingly, to a shortage of reliable data in the field. As an example, obstructive sleep apnea (OSA) is typically thought to be far more common in men than in women. However, as contributors to this volume carefully document, the prevalence of OSA in women varies considerably depending on the specific female population that is studied. It is low in premenopausal women, higher in postmenopausal women, particularly high in women with polycystic ovary syndrome, and of uncertain prevalence in pregnancy. This exemplifies the fact that as women move through varying hormonal environments including puberty, the menstrual cycle, use of oral contraceptives, pregnancy, the postpartum period, and menopause, their risk for a variety of sleep disorders varies considerably. As pointed out in Dr.

Menopause, Me and You - Ellen Cole 2013-11-12

Menopause, Me and You will help you put menopause in proper perspective - as a normal and natural developmental process in the lives of women, not as a

disorder or state that causes disease. This informative book gives you self-monitoring tools for collecting information and monitoring changes in your body during menopause. These tools will also help you understand the dynamics of the change process. A guideline as to how to best use this information when interacting with care providers--especially those who view menopause as a disorder to be treated--is also included. *Menopause, Me and You* is filled with information-gathering tools, scientific facts, and stories from the true "experts" on menopause--the women themselves who have experienced or are experiencing menopause. In chapter after chapter, you'll gain valuable information for viewing menopause from a woman-centered perspective. Specifically, the book includes: detailed information on conception and fertilization, reconceptualizing these events from a woman-centered, feminist perspective a description and reconceptualization of the menstrual cycle and menstruation, providing the knowledge base--the physiological, endocrinological, and biochemical mechanisms that regulate the menstrual cycle and menstruation--to understand menopause as the closure of menstrual life and not the end of life a journey into the steroid hormone target cell--shows, at a scientific level, that women were genetically programmed to end the production of reproductive hormones a description and clarification of some of the terms used to describe menopause common menopausal changes and diseases attributed to being estrogen-deficient tools for gathering information, for "discovering knowledge," about yourself--a menstrual calendar card, hot flash body diagrams, a basal body temperature record, a body composition record, a menstrual bleeding scale, and factors to consider when choosing a care provider The women who share their experiences in *Menopause, Me and You* represent women at various stages of menopause. They describe for you what they are feeling as well as what it means to be a mid-life woman at the closure of reproductive life; they celebrate the end of menstruation but curse the changes--including mood swings, hot flashes, and

vaginal/bleeding changes--they are experiencing. These changes are normal and expected, however, and need to be understood in that context. They are not symptoms of disease or an excuse for care providers to instantly prescribe hormones or drugs. With the information in *Menopause, Me and You*, women nearing or experiencing menopause, health care providers, such as nurses, health educators, and physicians, and counselors will better understand how women view this transition and come to accept it as another normal, necessary, and beautiful process in the lives of women.

[The Greatest Experiment Ever Performed On Women](#) - Barbara Seaman
2003-07-09

"If a menopausal woman has pain or makes trouble, pound her hard on the jaw." (Egyptian medical text, 2000 B.C.) For almost a century women have been taking some form of estrogen to combat the effects of menopause and aging, and more recently to prevent a host of diseases, from osteoporosis to Alzheimer's to heart disease. For most of that hundred years, doctors have been prescribing estrogen in either its organic or synthetic forms, and women have gone to their pharmacists and dutifully filled their prescriptions. In some cases, menopause sufferers who were experiencing the most extreme symptoms were in search of relief from hot flashes, night sweats, dryness, and more, but increasingly in recent years, women began receiving estrogen sometimes with progesterone as "hormone therapy," not because they were in immediate danger of anything but rather as a preventative. But was this regimen warranted? Did doctors know enough about estrogen and its effects to be widely prescribing it for such a range of ailments? Or were women being used as guinea pigs in a great experiment, an experiment the author terms "The Greatest Experiment Ever Performed on Women"? Since the 1960s, women's health icon Barbara Seaman has been one of the lone voices in journalism to question whether doctors have sufficient justification to be writing so many estrogen prescriptions, or whether it is the pharmaceutical

industry that is driving the research, marketing, and use of hormone replacement therapy. In 2002, several important women's health studies revealed that estrogen may cause more problems in patients than it is correcting or preventing, and that in fact it has a dismal record in terms of prevention. This groundbreaking book illuminates today's "menopause industry," tracing the history of estrogen use from its early purveyors, including a well-meaning British doctor who lost control of the marketing of DES and therefore inadvertently led to the DES baby crisis, to Nazi experimentation with women and estrogen, to the present, and looks at how an experiment of this proportion could have been conducted without oversight, intervention, or real knowledge as to what its effects would be.

Menopause - Rogerio A. Lobo 2000-05-22

Menopause: Biology and Pathobiology is a comprehensive volume covering all aspects of the biology, anatomy, physiology, pathobiology, and pharmacology of menopause, as well as its diagnosis and management. The book is divided into four sections: Basic Biology, Epidemiology, Menopausal Systems Pathophysiology, and Intervention. Basic Biology covers such fundamentals as ovarian anatomy and physiology, mechanisms of steroid hormone action, chronobiological effects, and premature menopause. Epidemiology includes, among others, chapters on methodology challenges in the study of menopause, how to distinguish the effects of age from those of menopause, and a discussion of the key differences in demographics, environmental factors, and ethnicity in the menopause experience. The Pathophysiology section contains chapters on menopause and its various effects on the body, including sexuality, skin, brain, the cardiovascular system, cancers, and mood. The final section includes detailed chapters on intervention and management techniques, with topics including alternative therapies to hormone replacement, exercise, and estrogens and osteoporosis. * Well-referenced to allow easy look up of anything related to menopause * Presents

the latest thinking on basic science and clinical topics * Exposes what the current gaps in our knowledge are * Presents current expert opinions
Women's Knowledge of Menopause and Estrogen Replacement Therapy - Kathy L. Morrison 1993

The sample population consisted of approximately 159 women, ranging in age from 18 years old to 72 years old. The average woman was Caucasian, heterosexual, 41.7 years old, held at least a bachelor's degree, and earned between \$30,000 and \$100,000. Another distinguishing characteristic of women in this survey was their high level of medical utilization.

Knowledge of Hormone Therapy and Its Impact on Adherence to Hormone Therapy for Prevention - 1999

Knowledge of Menopause and Hormone Replacement Therapy - Sarah C. Sistik 2007

HRT and Osteoporosis - James O. Drife 2012-12-06

HRT and Osteoporosis is a response to the increasing awareness among both the medical profession and the general public that ovarian failure is an important cause of osteoporosis and that much of the bone loss after the menopause can be prevented by oestrogen treatment. There is now an urgent need on the part of women, their doctors and those responsible for public health policy for practical guidance on such questions as the safety and acceptability of long-term treatment with sex hormones, the economic costs and benefits of such treatment, and the role of specialists and GPs in promoting and monitoring hormone replacement therapy. All these issues and more are considered here. The book comprehensively reviews current knowledge of the subject and gives recommendations for clinical practice and future research.

Medical Decisions, Estrogen and Aging - Jay Schulkin 2007-12-20

The decision making process that underlies ovarian hormone therapy (HT) is fallible. Thus, the decision for women to go on HT remains controversial. At a time when confusion still permeates the decision making with regard to HT, this book bridges diverse features that surround the decision making concerning HT. The book is written for both specialists and generalists in the field.

Women's knowledge, attitudes, and management of the menopausal transition

- Lotta Lindh-Åstrand 2009

Outliving Your Ovaries - Marina Johnson 2012-07-28

(BP 710) - Marina Johnson MD is a board-certified Endocrinologist and Pharmacist. In 2011, she was honored to be invited as one of twelve speakers at the Cleveland HeartLab Annual Symposium. Her program, "Seven Strategies For Prescribing HRT & Cardiovascular Implications", represented AMA Category 1 Continuing Medical Education (CME) for keeping physicians up-to-date on the very latest evidence-based research and methods. Dr. Johnson is the Medical Director of the Institute of Endocrinology and Preventive Medicine in Irving, Texas. In her 30 years of practice, she has managed over 100,000 female patient visits. She has no financial ties with any pharmaceutical company. Her book provides break-through research explaining why topical bioidentical hormones, in the form of pharmaceutical patches, gels and mist products are safer and more reliable than oral synthetic and compounded hormones. (27.25-7-16) REVIEWS "I've been a patient of Dr. Johnson's for 4 years now. Lousy quality of life, fat and miserable when I found her, she has changed my life. I now love living, have lost 40 pounds, feel and look 30 years younger and only intend to get better. You owe it to yourself and the women in your life to read this book. Following her program is not easy or quick, but it's well worth the time and effort you spend. I'll never go back to the way I was. There are two most important

women in my life: my mother, who gave me life; and Dr. Marina Johnson, who made it worth living again." Celia Trimble Attorney "An absolute must read for all adult females. Her Johnson Menopause Method is evidence-based and backed up by 30 years of continuing clinical experience. From a medical standpoint, her method contains excellent concepts which are all too often missing in current clinical medicine. It is refreshing to read a book that is obviously divorced from medical industry bias. Her willingness to share her wealth of knowledge is commendable. Her book empowers women with essential information that will allow them to take responsibility for their own well being. Healthcare providers who deliver hormone replacement therapy should be required to read this book." Dr. Bradley F. Bale Co-Founder of the Bale/Doneen Method Clinical Professor Texas Tech School of Medicine "Outliving Your Ovaries is a must read for every woman. Not only because it demystifies so many controversial and conflicting views in treating menopause, but mostly because one can put that book down and feel absolutely empowered. Women can now have the intelligent and informed conversation with their doctors about their bodies that so many of us have struggled to have. Dr. Johnson helps us to understand - with honesty, and decades of research - the real risks and real benefits of how you treat your body during your child-bearing and menopausal years. It's not that this book goes out of its way to criticize or put down others' work, conclusions or opinions. It's that Outliving Your Ovaries gives women a FAIR view, one that isn't backed by a pharmaceutical company, Hollywood cult phenomenon, or other financial directive. And because Dr. Johnson speaks on our behalf without that pressure, I personally find her word trustworthy. But trust is not the only reason to listen, Dr. Johnson's credentials also speak for themselves. She is a trained pharmacist and endocrinologist, giving her unique perspective on risk and benefit of Hormone Replacement Therapy valuable weight. I have read and re-read this work since it was first

published, discussed it with my doctor, and with confidence, taken an active role in my health and treatment. I've gifted this book to my mother and sisters because I love and care about them. I recommend this book to anyone who is a woman or cares deeply about one! It will change your life." Nicole Internet Reviewer

Women at Midlife - United States. Congress. House. Select Committee on Aging. Subcommittee on Housing and Consumer Interests 1991

The Menopause Lady - Nancy Siskowic 2020-11-24

This memoir is about life, love, facing breast cancer with its challenges and change. Nancy begins this story with segments from her life that helped form her into the woman she is today. As a nurse practitioner with a specialty in menopause for the past 25 years, she knew she was about to face a tumultuous battle. Blindsided by the diagnosis of breast cancer, she had turned to her journal for guidance and calm. Hormone therapy had been a lifeline to her health and sanity for many years, but now she had to reconcile with the

thought of letting go of her estrogen patch. As she gradually reduced the size of the patch while awaiting surgery, symptoms she had experienced years before crept back with a vengeance - hot flashes, night sweats, insomnia, brain fog, irritability, mood swings. The incredible shifts overwhelmed her, she felt as if her life was falling apart. She could still help her patients, but unfortunately not help herself. Suddenly finding herself in a patient role, she knew she needed to speak up and to be heard. Thus began her process of research, seeking out and speaking with experts in the menopause field about hormones after breast cancer, daring to question medical professionals, and ultimately finding her voice. Finally, after doing her homework, journaling extensively and assuming personal responsibility for her future health, she returned to her beloved estrogen. It was not an easy path.

The Relationship of Level of Women's Knowledge of Menopause to Level of Adherence to Plan for Exercise, Calcium Supplementation, and Hormonal Replacement Therapy - Ann Wood Fowler 1996