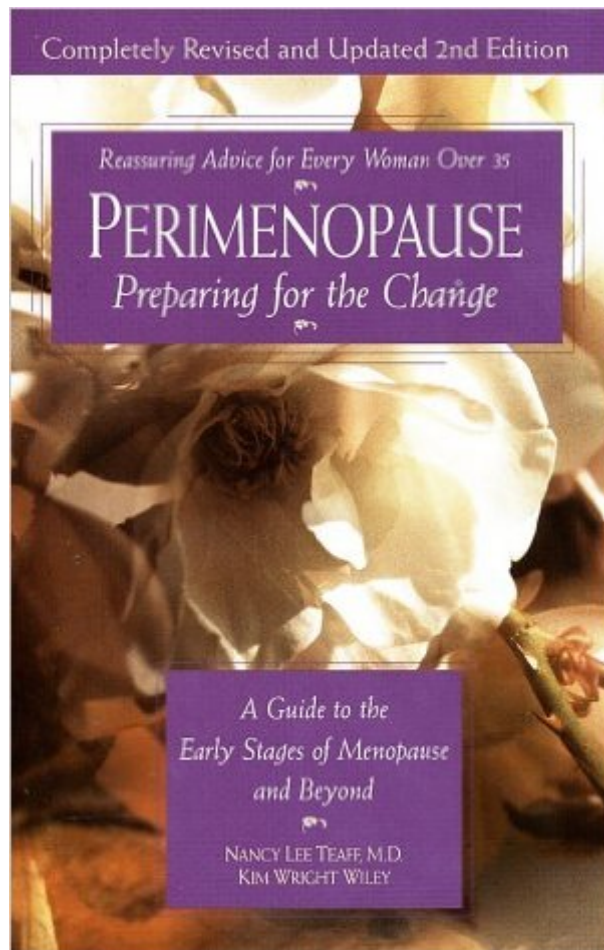


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# Perimenopause--Preparing For The Change, Revised 2nd Edition: A Guide To The Early Stages Of Menopause And Beyond



## Synopsis

Every Woman's Guide to Taking Charge of the ChangeDid 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:Â What perimenopause is, how to diagnose it, and what it means to you Â The effectiveness of different medical treatments and natural alternatives Â How to create a healthy lifestyle through stress management, weight control, exercise, diet, and nutrition Â How perimenopause affects sexuality, fertility, and pregnancyThis book gives you the tools you need to stay healthy and feel good about yourself—before, during, and after the change.

## Book Information

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## Customer Reviews

This book is lying on my bedside table. I found the authors addressed the symptoms of perimenopause in an easy-to-read, and easy-to-relate to manner. They presented information about hormone therapy but didn't insist that it was the only way to go. I never got the sense they were trying to sell their readers on a particular treatment or point of view, just to rather lay out all the options.

While this book helped me self-diagnose my earliest menopausal symptoms, I think the authors

deserve a real thumbs up for the information on how to find the best doctor - and how to talk to this doctor once you find him or her. Talking to my gyno about the change proved VERY frustrating - but this book made me feel like I wasn't alone and gave tips on how to get referred to a specialist in hormonal issues. What a difference! Thanks Drs Teaff and Wiley!

This book has helped me a lot - especially the part on how to tell the difference between PMS and perimenopause. The chapter on how to find the right doctor was also right on the money. I am in my mid-forties and trying to conceive. Dr. Teaff and Wiley have more information on middle age fertility and how to keep it going than any of the other dozens of books I've read on the topic.

This is a "OK" book with some good and insightful information. I did find that some of the facts, as they were presented, to be erroneous. So if you read it, have your critical thinking cap tightly fastened. It is a supportive book if you are pro-hormone replacement therapy.

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.

Perimenopause is a subject that most women have never heard of. This book prepares women for

the symptoms and changes that occur in their body as the approach menopause. Just as puberty does not just suddenly occur, menopause is preceded by many changes in the body. In a well written and well researched manner, the author describes each symptom and its causes, and discusses treatments, both medical and nontraditional. As a health professional I appreciated it's supportive, "here are the facts, make your own decisions" style. As a matter of fact, I am buying this copy to replace the one that I am always loaning out to friends

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.

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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