

Menopause and Hormones Books
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• PERIMENOPAUSE - PREPARING FOR THE CHANGE
• TODAY AND TOMORROW'S WOMAN
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PERIMENOPAUSE - PREPARING FOR THE CHANGE

By NANCY LEE TEAFF, M.D. & KIM WRIGHT WILEY

Did you know that symptoms associated with menopause can begin as much as fifteen years prior to its onset? During this seldom-recognized early stage - called perimenopause - women may experience hot flashes, mood swings, irregular menstrual cycles, sleep 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; and 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.

TODAY AND TOMORROW'S WOMAN

By VIRGINIA LAYNG MILLONIG, PH.D., RN

Are you under 35 and feel menopause is somewhere on the horizon, but not an immediate concern? Are you approaching menopause or in the transition phase? Are you through menopause, and feel none of the information in this book is for you?

If you answered "yes" to any of these questions, this book is for you.

HORMONE OF DESIRE

By SUSAN RAKO, M.D.

Millions of women experience a traumatic loss of sexual desire during menopause. Although estrogen and progesterone alleviate many of the unpleasant effects of menopause, these hormones cannot address flagging sexual desire. Dr. Susan Rako's breakthrough research has brought to light the fact that the female body produces significant amounts of testosterone that are crucial to the healthy functioning of every woman's libido, thus linking decreased testosterone levels at the onset of menopause to diminished sex drive. THE HORMONE OF DESIRE is the first book to fully reveal the benefits of testosterone supplements for menopausal women and is an invaluable tool for women and their doctors. Meticulously researched, THE HORMONE OF DESIRE is a compelling account that began as one woman physician's search for all-important answers to her own medical dilemma. Dr. Rako found that she and other women were suffering from the medical community's unfortunate ignorance and from society's fear, ideological resistance, and the sexual politics that stymie treatment of women suffering from testosterone deficiency. THE HORMONE OF DESIRE was written to give women the opportunity to make informed decisions about this vital quality of life issue, and Dr. Rako's research will become the standard bearer for a new age of hormonal therapy.

MENOPAUSE MANAGER

By MARY ANN MAYO & JOSEPH L. MAYO, M.D.

Menopause is an inevitable journey that reflects your medical history, lifestyle, and personal philosophy. Given the right information, you can manage it with the same confidence you confront every other aspect of your life. THE MENOPAUSE MANAGER will help you: understand the medical, botanical, and lifestyle options available for treatment of menopause symptoms; develop an action plan that promotes wellness of body, mind, and spirit; understand how other health issues can worsen the signs of menopause; determine your risk factors for osteoporosis, cardiovascular disease, breast and colon cancer, Alzheimer's disease, and diabetes. Mary Ann and Dr. Joseph L. Mayo provide a step-by-step approach for evaluating risk factors and symptoms, thereby simplifying decision making and reducing uncertainty about the wisdom of menopausal treatments. An unbiased review of conventional, complementary, and alternative options makes THE MENOPAUSE MANAGER unique in its perspective. With its emphasis on simple adaptable lifestyle choices, this book can help you to see menopause as a time of transition leading to a new, exciting, and healthful ways to spend the next one-third of your life.

MENOPAUSE, ME AND YOU

By ANN M. VODA, RN, PH.D

"Dr. Voda's material is fascinating, combining a thorough scientific explanation of the female reproductive system with the voices of many women telling their experiences as they pass through menopause. In this unique book we hear the voice of a wise woman and experienced clinician and

researcher. Voda treats menopause as a natural event in women's lives, not an estrogen deficiency disease. She presents a thorough discussion of hormones and their effects on the entire body, including the cellular mechanisms through which they act. Her book is full of important suggestions for self-care, including a unique section on personal record keeping for women of all ages. Essential reading for the inquiring mind!"

Sadja Greenwood, MD
Author of Menopause Naturally;
Assistant Clinical Professor,
Department of Obstetrics and Gynecology,
University of California,
San Francisco

PREMATURE MENOPAUSE BOOK

By KATHRYN PETRAS

Today, millions of women in their twenties and thirties, many of whom are just beginning to plan a family, are receiving the shocking news that their reproductive years are already over. They are in premature menopause - menopause years before its time. Whether due to an autoimmune disorder, surgery, chemotherapy, radiation, or the often undiagnosed condition known as Premature Ovarian Failure (POF), premature menopause is common, increasing - and almost always traumatic.

If you are one of the women experiencing early menopause, you have hundreds of questions, but have probably found few answers...until now. THE PREMATURE MENOPAUSE BOOK is the first book focusing on this difficult transition - written by a woman who faced the same questions: What is happening to me? Why do I feel this way? What can I do about it? Do I need hormones? How can I have a baby despite this condition? How can I feel like "me" again?

THE PREMATURE MENOPAUSE BOOK provides the latest information on health and emotional issues, explores all of your options, lists resources, websites and support groups, shares the experiences and advice of women going through this experience, answers frequently asked questions and offers the support and understanding you need.

Kathryn Petras was diagnosed with premature menopause at age 38. She wrote this groundbreaking book to help other sufferers.

MENOPAUSE SELF HELP BOOK

By SUSAN M. LARK

A completely practical, all-natural master plan for relieving and preventing every symptom of menopause.

MALE MENOPAUSE

By JED DIAMOND

Surveys the most current medical data and listens to men and women as they struggle to arrive healthy and happy in the second half of life.

MENOPAUSE AND THE MIND

By CLAIRE WARGA

Gives every women the survival kit she needs to manage the thinking and memory symptoms- long

overlooked by the medical establishment- that accompany the onset of perimenopause and menopause.

MENOPAUSE

By SCHOENBECK, GIBSON, & BARSS

This book lets you choose from a wide array of therapies to find the right ones for our individual situation. Each treatment is discussed in detail- pros and cons and why it may or may not be appropriate for you.

MENOPAUSE MADE SIMPLE PROGRAM

By DR. DEBRA ANDERSON & VICKY GRAHAM

Dr. Debra Anderson and Vicky Graham have developed a simple lifestyle plan that includes six steps women can take not only to minimize menopausal symptoms, but also to maximize the quality of their lives into the future.

MENOPAUSE

By DR. MIRIAM STOPPARD

This book helps you to manage your menopause yourself, explains what happens to our body during menopause, and why, and takes a look at the different forms of HRT and much more.

PERIMENOPAUSE

By JAMES E. HUSTON & L. DARLENE LANKA

Explains why the changes occur and presents the best strategies for dealing with them . The authors show women what they can do to cope with symptoms and offer practical suggestions for minimizing the long-term health risks that can occur as a result of menopause.

SUDDEN MENOPAUSE

By DEBBIE DEANGELO

This book tackles topics of immediate concern and gives the information and support one needs to adjust to the impact menopause has on their life.

WHEN YOU'RE HOT, YOU'RE HOT

By JAN KING

Jan King shows you how to laugh about your sagging skin, your irritable bladder, your lteepness nights....and how to make attractive centerpieces out of all the unused tampons in your bathroom cabinet. Cheer up! For the first time in your life, you can be as obnoxious as you want and get sympathy in the process.

WISDOM OF MENOPAUSE

By CHRISTIANE NORTHRUP

Through Dr. Northrup's personal story and many fascinating case histories, she shows: how menopause jump starts changes in the brain, how to ensure the long-term health of breasts, bones, and heart, how the body adjusts naturally to changing hormones, and much more.

REGULATING MENSTRUATION

By ETIENNE VAN DE WALLE & ELISHA P. RENNE

This book covers a wide range of topics from the impact of herbal substances to current views and considers women's attitudes toward their menses and the ambiguities inherent in regulating them.

NO, IT'S NOT HOT IN HERE

By DICK ROTH

This book helps men to understand what their menopausal wives are experiencing! Here, in straightforward and easy-to-learn language, you will learn what women most want and need during this mysterious life passage.

FACING YOUR FIFTIES

By GORDON EHLERS & JEFF MILLER

Written by guys for guys, it's a down-to-earth, practical, easy-to-use, quick reference guide that doesn't rely on medical jargon, trivial details, or extreme diet and lifestyle advice.

CHANGE BEFORE THE CHANGE

By LAURA E. CORIO & LINDA G. KAHN

In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being.

DOUBLE MENOPAUSE

By NANCY CETEL

Dr. Nancy Cetel addresses the emotional and psychological reactions as well as the physiological changes both you and your partner may experience. Even the most solid relationships can crumble under the weight of hormonal change; Cetel offers a compassionate and reassuring survival guide for both men and women to help you regain control of your life and renew your commitment to each other.

DR. SUSAN LOVE'S MENOPAUSE & HORMONE BOOK

By SUSAN M. LOVE & KAREN LINDSEY

Offers remarkably clear set of guidelines as to what the studies have shown about the risks regarding heart disease, breast cancer, stroke, and other conditions. She also offers definitive expert advice about whether or not to go on HRT and if so, for how long, as well as how to taper off hormones; and she introduces the alternative methods for treating the symptoms of menopause.

DISCOVER YOUR MENOPAUSE TYPE

By JOSEPH COLLINS

This groundbreaking book-the first to reveal 12 distinct menopause types and how best to treat each-gives you the information you need to take charge of this challenging and sensitive life stage.

BEFORE THE CHANGE TAKING CHARGE OF YOUR PERIMENOPAUSE

By ANN LOUISE GITTLEMAN

This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life.

MENOPAUSE

By DR. MIRIAM STOPPARD

This book explains in clear, informative text and more than 200 illustrations what happens to the body during menopause, looks at the full range of menopausal symptoms, empowers every women to take charge of her life and body, and more.

ESSENTIAL GUIDE TO MENOPAUSE

By AMERICAN MEDICAL ASSOCIATION

This book includes a list of brief touchstones to good health, as well as a detailed glossary of medical terms made easy. Now you can be prepared for the changes that come with menopause and feel assured and empowered.

COULD IT BE...PERIMENOPAUSE?

By GOLDSTEIN AND ASHNER

This compassionate and comprehensive book covers everything you need to know about perimenopause including, the most effective medical therapies and natural remedies, how to avoid hysterectomy and D& C, and much more.

MENOPAUSE TIME FOR A CHANGE

By MERRI LU PARK

Through careful research and a wonderful sense of humor, Merri Lu explores the menopause experience and offers suggestions for proceeding through it naturally. She also examines the pros and cons of hormone replacement therapy.

PERIMENOPAUSE HANDBOOK , THE

By CAROL TURKINGTON

Are you a woman between the ages of 30 and 50? Have you ever experienced any of these symptoms and wondered why...mood swings, irritability, memory problems, headaches, hot flashes, poor concentration, or weight gain? If so, you may be one of 6,000 American women a day who are entering perimenopause. This handbook gives you all the information you need about these years before menopause to help you understand the changes in you body.

MENTAL-PAUSE AND OTHER MIDLIFE LAUGHS

By LAURA JENSEN WALKER

Midlife and menopause can be challenging times. But there are plenty of reasons to be thankful, too. Laura Jensen Wlker celebrates life and helps you laugh in the mids of hot flashes and memory loss.