



## Menopause: Change, Choice and HRT

By Margaret Stephenson Meere

Rockpool Publishing. Paperback. Book Condition: New. Paperback. 242 pages. 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 herein 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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