



# Hot Flashes, Hormones, and Your Health: Breakthrough Findings to Help You Sail Through Menopause (Harvard Medical School Guides)

By JoAnn E. Manson, Shari S. Bassuk

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**Hot Flashes, Hormones, and Your Health: Breakthrough Findings to Help You Sail Through Menopause (Harvard Medical School Guides)** By JoAnn E. Manson, Shari S. Bassuk

**What you should know about menopausal hormone therapy--from the renowned Harvard doctor who is one of the pioneers conducting the latest research in the field**

Recent news stories on the safety of menopausal hormone therapy (also known as hormone replacement therapy, or HRT) have raised public awareness and sparked a national debate. Now learn the facts about this controversial treatment for menopause--from the field's go-to expert.

*Hot Flashes, Hormones, and Your Health* explains the changes that occur during menopause. It also provides you with state-of-the-art information to help you make informed decisions about hormone therapy and other options for treating symptoms of menopause. The cutting-edge research and advice presented in this book will help you determine whether to start hormone therapy, or, if you are already taking hormones, whether you should continue to do so. This book will help you work more effectively with your health care provider to make the best decisions about your medical care. If you have taken hormones in the past, *Hot Flashes, Hormones, and Your Health* will also be useful in understanding the overall health effects of this treatment.

So, if you are debating whether to start, continue, or stop hormone therapy, *Hot Flashes, Hormones, and Your Health* has the answers you need:

- The latest scientific evidence on the benefits and risks of managing menopause with hormone therapy
- Expert guidance in determining whether or not hormone therapy is the right choice for you, and, if it is, when to start, when to stop, and what type to use
- The truth about bioidentical hormones
- Healthful and effective options for women who cannot-or prefer not to-use

hormone therapy

***“Hot Flashes, Hormones & Your Health* is one of the best books about menopause I've ever read. It is not only a great book for the woman going through menopause and experiencing this new phase of life, but also for the well-educated healthcare professional who thought she or he had read everything on the topic.”**

**--from a review by Robyn B. Faye, MD, FACOG; published in *Flashes*, the North America Menopause Society newsletter**

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## **Editorial Review**

### **About the Author**

**JoAnn E. Manson, M.D.**, is a professor of medicine and the Elizabeth F. Brigham Professor of Women's Health at Harvard Medical School, Chief of Preventive Medicine at Brigham and Women's Hospital, and codirector of the Connors Center for Women's Health and Gender Biology. The only person to have served as a lead investigator on two of the most influential studies of women's health ever conducted--the Women's Health Initiative and the Harvard Nurses' Health Study--Dr. Manson is widely recognized as one of the world's leading authorities on women's health.

**Shari S. Bassuk, Sc.D.**, is an epidemiologist and science writer at Brigham and Women's Hospital in Boston who frequently collaborates with Dr. Manson.

### **From the Back Cover**

Hot flashes, night sweats, mood swings, difficulty with concentration, sexual dysfunction--are these symptoms of menopause disrupting your quality of life? Are you looking for relief but shying from hormone therapy because recent studies said it would increase your risk of heart disease? You are not alone. Thousands of women stopped taking hormone therapy as a result of those research findings--and in many the symptoms of menopause returned. Others never started hormones and have struggled with uncomfortable symptoms for years.

But there is hope. If you've just entered menopause and are in good cardiovascular health, hormone therapy may not only be the most effective option for relieving your symptoms of menopause but may also have heart benefits. You don't have to suffer through menopause; in fact, you can sail through it with help from *Hot Flashes, Hormones, and Your Health*. Improve your life and defeat the symptoms with:

- The latest scientific information on the safety of managing menopause with hormone therapy
- The truth about bioidentical hormones
- Expert guidance in determining whether or not hormone therapy is the right choice for you and, if it is, when to start, when to stop, and what type to use
- Healthful and effective options for women who cannot-or prefer not to-use hormone therapy

Leading women's health authority Dr. JoAnn E. Manson examines the latest evidence about the benefits and risks of different types of hormone therapy. Her groundbreaking book will help you decide what the benefit-to-risk ratio of hormone therapy is likely to be for you, based on your age, time since menopause, overall health, illnesses that run in your family, lifestyle, and other factors.

*Hot Flashes, Hormones, and Your Health* is an indispensable guide that will help you maintain not only optimal health but also your quality of life.

"In a time of unprecedeted confusion, this book provides solid guidelines for the woman entering menopause. No one is better qualified than Dr. JoAnn Manson to give solid, evidence-based advice on this complex issue."

--Marianne J. Legato, M.D., F.A.C.P. Professor of Clinical Medicine, Columbia University

Founder/Director, Foundation for Gender Specific Medicine

### **Take control of menopause with the latest information on hormone therapy and alternative remedies**

If you're going through menopause, you're probably familiar with its unpleasant symptoms, and you may be desperate for relief. Now, one of the world's top experts on women's health explains that you don't have to suffer through menopause--in fact, with the right information, you can sail through it. This unique book describes all the options available to you and provides a step-by-step guide to making informed choices based on your own symptoms and health profile.

To make the right decision for you, discover:

- If you're a good candidate for hormone therapy, or if you should avoid it for health reasons
- How to calculate-and reduce-your personal risk of five health conditions associated with hormone therapy
- The appropriate role for soy, black cohosh, and other alternative remedies in relieving menopausal symptoms

### **Users Review**

#### **From reader reviews:**

##### **Joel Connolly:**

The book Hot Flashes, Hormones, and Your Health: Breakthrough Findings to Help You Sail Through Menopause (Harvard Medical School Guides) can give more knowledge and information about everything you want. Exactly why must we leave the best thing like a book Hot Flashes, Hormones, and Your Health: Breakthrough Findings to Help You Sail Through Menopause (Harvard Medical School Guides)? A few of you have a different opinion about publication. But one aim that will book can give many info for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or facts that you take for that, you can give for each other; you are able to share all of these. Book Hot Flashes, Hormones, and Your Health: Breakthrough Findings to Help You Sail Through Menopause (Harvard Medical School Guides) has simple shape nevertheless, you know: it has great and massive function for you. You can search the enormous world by available and read a reserve. So it is very wonderful.

##### **Wilma Bates:**

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**Walter Harman:**

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