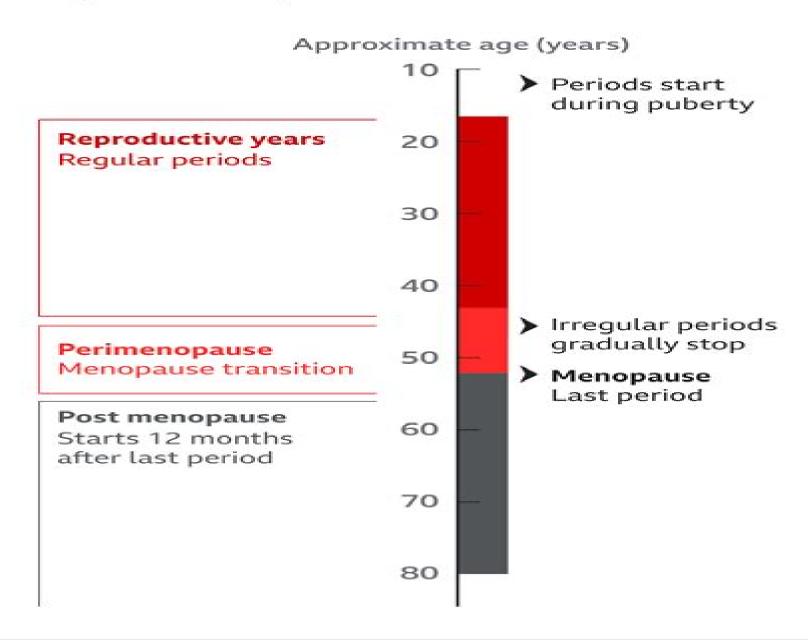
# Stages of menopause

How periods change over a woman's lifetime



# **Menopause And Hrt**

**Elizabeth Siegel Watkins** 

#### **Menopause And Hrt:**

The Menopause, hormone therapy, and women's health. A Woman's Guide to Menopause and Hormone Replacement Therapy Lorraine Dennerstein, Julia Shelley, 1998 Every woman as she gets older must face the onset of menopause either naturally occurring or brought on surgically As we learn more about menopause and the effects of hormone replacement therapy HRT a number of questions arise The most hotly debated of them all should women receive HRT This book grew out of the need for a balanced examination of all the relevant issues not for medical practitioners but for women of all ages and is written in the context of how women experience the transition of menopause Drawing on a number of population studies and their own research contributors from different fields take on subjects ranging from HRT as a social issue and the psychosocial aspects of menopause to the role of diet and exercise in midlife health and what natural therapies may have to offer women Other chapters thoroughly discuss the pros and cons of HRT and explain what hormones are and what they do Readers will find the latest facts and medical opinions on how HRT can affect the likelihood of developing osteoporosis and bone fractures breast and gynecological cancers cardiovascular diseases and menopausal symptoms such as hot flashes night sweats urinary problems and vaginal thinning For the millions of women who fall somewhere in the middle of the spectrum of menopausal symptoms and those at either end of the continuum this easy to understand guide blends thought provoking opinion with facts into one clear concise source **The Estrogen Elixir** Elizabeth Siegel Watkins, 2007-04-16 In the first complete history of hormone replacement therapy HRT Elizabeth Siegel Watkins illuminates the complex and changing relationship between the medical treatment of menopause and cultural conceptions of aging Describing the development spread and shifting role of HRT in America from the early twentieth century to the present Watkins explores how the interplay between science and society shaped the dissemination and reception of HRT and how the medicalization and subsequent efforts toward the demedicalization of menopause and aging affected the role of estrogen as a medical therapy Telling the story from multiple perspectives physicians pharmaceutical manufacturers government regulators feminist health activists and the media as well as women as patients and consumers she reveals the striking parallels between estrogen s history as a medical therapy and broad shifts in the role of medicine in an aging society Today information about HRT is almost always accompanied by a laundry list of health risks While physicians and pharmaceutical companies have striven to develop the safest possible treatment for the symptoms of menopause and aging many specialists question whether HRT should be prescribed at all Drawing from a wide range of scholarly research archival records and interviews The Estrogen Elixir provides valuable historical context for one of the most pressing debates in contemporary medicine The Good News About Estrogen Uzzi Reiss, 2020-03-10 The latest information about estrogen the body's enlivening powerhouse hormone Why is estrogen crucial and so misunderstood How do I know if my estrogen level is normal What is the best treatment for a hormonal imbalance How does estrogen impact my reproductive cycle Is hormone replacement therapy right for me Is it only

useful at menopause How can I be my best healthiest self now and in the future Understanding estrogen its function and interplay with all your other hormones and body systems is key to a healthy vibrant life But far too many women remain unaware of the benefits of estrogen and how it can be supplemented in natural bioidentical form This book written by an expert in the field of OB GYN and integrative medicine offers an authoritative yet accessible approach to hormonal health In The Good News About Estrogen Dr Uzzi Reiss draws upon the most up to date scientific research as well as women s stories from his decades of practice to explain How hormones and your levels of estrogen change over time and what you can do to achieve balance naturally or with hormone replacement therapy HRT The good news about estrogen how it can enhance energy sexuality and memory alleviate premenstrual syndrome PMS or the side effects of menopause help fight weight gain anxiety depression and more Bioidentical hormones why they are safe and crucial to your well being at any age or stage and how to choose which treatment plan is right for you How your everyday habits what you eat drink wear and breathe can affect hormonal health and which small lifestyle changes can make a big difference Nutrition and exercise learn how each works hand in hand with hormones and can help you to achieve maximum physical and emotional fitness promote bone health prevent cardiovascular disease and boost brain power Hormone Replacement Therapy ,1999 The Menopause and HRT Kathy Abernethy, 1997 Covers the full spectrum of issues Replacement Therapy ,1995 relating to the menopause including short and intermediate term consequences such as osteoporosis premature ovarian failure and complete coverage of both hormone replacement therapy HRT and nonhormonal management approaches

Hormone Replacement Therapy Sally Hope, Margaret Rees, Margaret C. P. Rees, Janet Brockie, 1999 This small focused book gives an evidence based approach to the current data on the often bewildering profusion of hormone replacement therapy preparations and the emerging research trials on the risks and benefits of HRT It is written by a general practitioner an expert nurse practitioner and a gynaecologist with contributions from other specialists and is intended as a guide for all those involved in primary care training grade gynaecologists and concerned women The contents include a brief discussion of the historical and cultural aspects of the menopause an in depth analysis of the pros and cons of HRT a summary of currently available preparations as well as specific and relative contraindications specific chapters on HRT and breast cancer cardiovascular disease osteoporosis and dementia and alternatives to HRT the GP consultation and remuneration

**Oestrogen Matters** Dr Avrum Bluming, Carol Tavris PhD, 2018-09-04 I believe it is an ethical imperative for all clinicians who treat women in menopause or women with breast cancer to alert their patients to this book Michael Baum MD Professor Emeritus of Surgery and visiting professor of Medical Humanities University College London A thorough careful and unbiased assessment This extremely valuable message deserves to be widely disseminated Lord Turnberg former President of the Royal College of Physicians A compelling defence of hormone replacement therapy exposing the faulty science behind its fall from prominence and empowering readers to make informed decisions about their health For years hormone

replacement therapy HRT was hailed as a miracle Study after study showed that HRT if initiated at the onset of menopause could ease symptoms ranging from hot flushes to memory loss reduce the risk of heart disease Alzheimer's osteoporosis and some cancers and even extend a woman's overall life expectancy But when a large study by the Women's Health Initiative announced results showing an uptick in breast cancer among women taking HRT the winds shifted abruptly and HRT officially deemed a carcinogen was abandoned Now sixteen years after HRT was left for dead Dr Bluming a medical oncologist and Dr Tavris a social psychologist track its strange history and present a compelling case for its resurrection They investigate what led the public and much of the medical establishment to accept the Women's Health Initiative's often exaggerated claims while also providing a fuller picture of the science that supports HRT A sobering and revelatory read Oestrogen Matters sets the record straight on this beneficial treatment and provides an empowering path to wellness for Hormones and Your Health Winnifred Cutler, 2009-03-30 Many women are at a loss when it comes women everywhere tocharting their best coursethrough menopause butyou don't have to be Connecting recent scientific evidence among hormones sexuality bone and cardiovascular health memory surgery and breast cancer Dr Cutler explains how valuable good HRT regimens are to your longevity and general health and how to improve your vitality with diet exercise and hormonal and alternative therapies that work Excellent job reviewing the many issues relating to perimenopause and menopause Your chapter on fibroids will be very valuable to consumers The text is easy to follow the illustrations are beautifully clear and the references are excellent John J Sciarra M D Ph D past president International Federation of Gynecology and Obstetrics What impressed me most were the passionate commitment to rigorously conducted research and the clarity with which the results were presented so any intelligent woman can understand them Regula Burki M D FACOG gynecological surgeon and menopause specialist Dr Cutler dispassionately reviews and synthesizes the available literature to craft scientifically sound recommendations that can be used to optimize the quality of women s health Elizabeth Genovese M D FACOEM FAADEP A welcome reference for my patients and others interested in women s health Readable informative and concise Long overdue Millicent Zacher D O FACOG Thomas Jefferson University

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