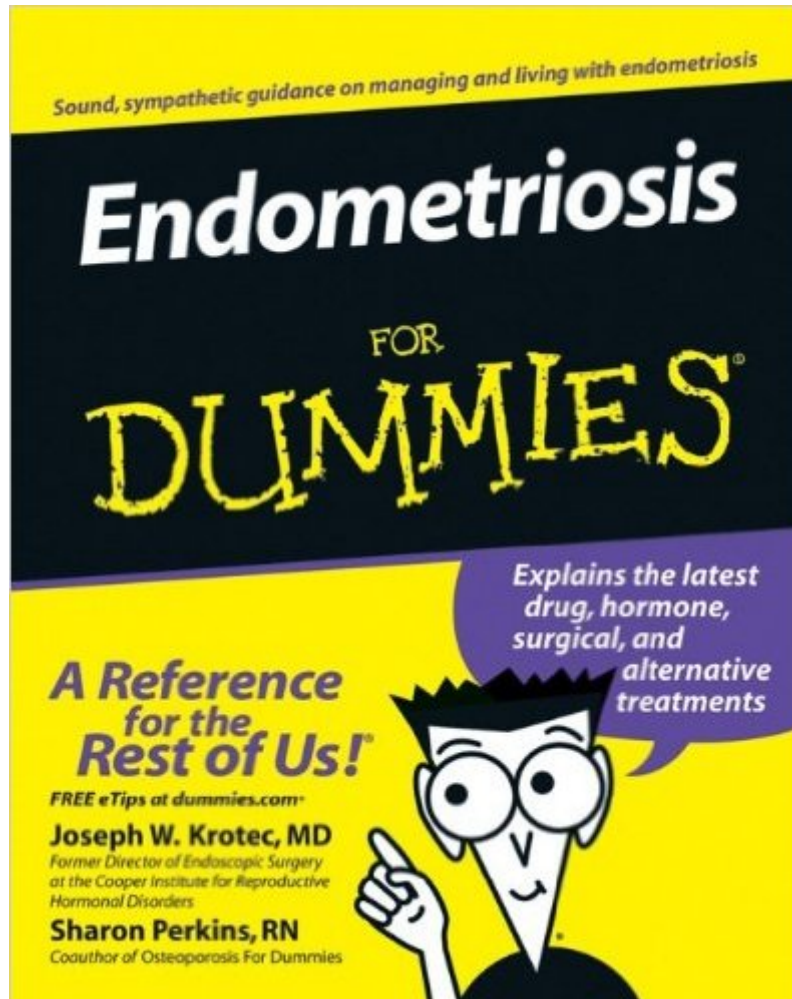


The book was found

# Endometriosis For Dummies



## Synopsis

Get the empowering info that puts you in control Take charge and take comfort in knowing how to live well with endometriosis Diagnosing and living with endometriosis isn't easy, but this disease doesn't have to rule your life. This book helps you find out and recognize typical symptoms. Plus, you'll get up-to-date info on traditional and alternative treatments -- ranging from medications and surgeries to acupuncture and massages. The authors provide plenty of compassionate advice on dealing with the pain and emotional issues, so you can enjoy life. Discover how to

- \* Evaluate treatment options
- \* Enhance your chances of getting pregnant
- \* Manage the pain
- \* Make lifestyle changes to minimize symptoms
- \* Deal with the emotional and financial challenges

## Book Information

Paperback: 362 pages

Publisher: For Dummies; 1 edition (November 6, 2006)

Language: English

ISBN-10: 0470050470

ISBN-13: 978-0470050477

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (19 customer reviews)

Best Sellers Rank: #468,020 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #65 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genitourinary & STDs #1334 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

While I have only read a handful of books and papers on the topic, I found this to be the most accessible and fun resource among them. As with all the "For Dummies" books, the organization flows easily from one topic to the next, making the book as useful for someone looking for a specific or even random tidbit on the topic, or one looking for a more comprehensive summation of the disease, its treatment, and its outcomes. It covers the basics (symptoms, theories on causes, what it is, comparisons to normal reproductive functioning versus what happens with endo, etc.), and also covers different treatments (mainstream, surgical, drug, and alternative) and what to look for in a doctor. It also helps patients think of what to discuss with the doctor and which questions to ask, which is great, since diagnosis is often delayed 8-15+ years. While it may not go incredibly in depth

on any one aspect of endometriosis or get too deep into the scientific nitty gritty, it gives the reader a wide enough breadth of knowledge to lay the groundwork for further research into serious medical texts and studies. It was, of course, detailed enough for most people and didn't leave me with any unanswered questions. On it's own, it also serves the purpose of educating oneself on the disease and finding ways to approach it and deal with it. This was a fantastic book to read, and I recommend it for both personal and academic research.

Endo is a very confusing disease. This really helped me understand what my body was doing, and how to cope with it. I would reccomend this book to anyone that has Endometriosis. Get a highlighter & flip thru it. You will come back to those highlighted spots.

Very informative for those of us who are trying to make decisions as to what kind of operation I might need. I felt like it breaks it down really well without being too wordy and losing my interest in fact listing.

This book has a lot of information, in an easy to read format. I read through it quickly. The information isn't necessarily in other books, or it gives a different perspective than my other books about endo. It's a great read. Very helpful. I have used it as a reference since reading it. It's staying on my bookshelf for life.-Liz

i found this book to be very helpful and educational. i appreciated the way it was organized and laid everything out in plain language which was easy for me to understand. there were some topics which weren't elaborated on as much as i would have liked, but at least they gave me a direction to research online. but for the most part, everything was explained well enough that i didn't need to research it further. i especially appreciate that it included portions on combating infertility, which was a great concern of mine.

I had gone for years undiagnosed and even when my new doctor performed the labroscopy and found that I did indeed have Endometriosis she didn't share half the information in this book. When all was said and done I gave her my copy of this book and asked her to take a look at some of the basics as it helped me understand this disease immmensely.

When I was diagnosed with Endometriosis I was scared, alone and very confused. This book put

the disease in my terms instead a bunch of medical jargon and has helped me understand the condition. I still reference it and it's been over a year since the diagnosis. A great buy and worth every penny.

This is the 4th book I've bought on the subject, hoping for a miracle, I guess. This is a very informative book, but some of the info is a bit dated now.

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