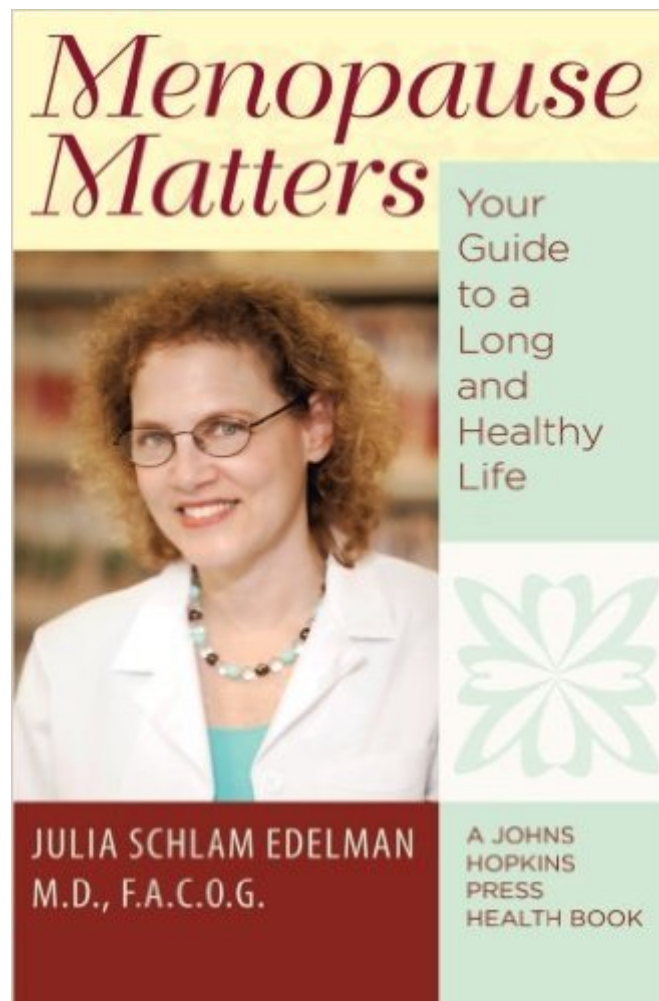


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# Menopause Matters: Your Guide To A Long And Healthy Life (A Johns Hopkins Press Health Book)



## Synopsis

Menopause Matters is a complete guide for improving a woman's physical and mental health from age 35 and on. Gynecologist and menopause specialist Dr. Julia Schlam Edelman has helped thousands of women feel better and enjoy healthier lives. Scientifically sound and clinically tested, Dr. Edelman's advice is a welcome alternative to the often misleading, conflicting, and confusing sound bites in media reports on women's health issues. Menopause Matters covers the full spectrum of topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, healthy sex, and contraception. In a class by itself when it comes to menopause books, Menopause Matters: • promotes informed collaboration between women and their doctors, • advises women to improve their health based on findings in respected research studies, • provides clear explanations of physiology and anatomy, and • relates stories from real women who have experienced all stages of menopause. Dr. Edelman includes prevention strategies for lowering the risks of heart disease, osteoporosis, and cancer. And her practical hints about how to take supplements and medication for maximum benefit are invaluable. Menopause Matters empowers women to be active partners with their physicians during midlife and beyond. No woman will read the book without experiencing at least one big wake-up call about how to live a happier, healthier life.

## Book Information

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## Customer Reviews

I really like this book. It is very straightforward and matter of fact, obviously well researched and yet easy to read. Dr. Edelman includes many womens' stories within the book which keeps it more interesting. She does an especially good job explaining what studies about hormone therapy in menopause really found as opposed to what newspaper headlines screamed about the studies. In addition she has an excellent chapter on women and heart disease and how to care for oneself and help prevent heart disease. One of my favorites though is the chapter on "better bones" and how to prevent osteoporosis: it really challenged some of the things I thought I knew and made me examine my own lifestyle choices. I like the approach where the author discusses all different treatment options...from conventional medicine to those far less conventional. I really believe this book is a must for all women and probably should be read by women 30-35 and up so they can gain this knowledge at a young age and help promote a longer and happier life.

If you are a woman between the ages of 40-65 ready to embrace menopause as an opportunity to improve the quality of the rest of your life rather than settle for less, this is the book...and the doctor...for you. Menopause Matters is one of the most practical and supportive "self-help" books I have read. First of all, this is a well-organized reference book. Dr. Edelman has clearly done exhaustive research and listened carefully and caringly to her patients. She presents the most recent findings and information about "the change" for women (body and mind) during menopause. She addresses sensitive issues with wisdom and honors how women feel and think (see the chapter on "Smoother Sex", for example). Her writer's voice is calm and reassuring, and she includes many helpfully familiar human examples from her work with patients. Most importantly, she addresses "inconvenient truths": we make choices every day and many of the consequences of our choices are reflected in our health. It is not possible to read this book and dodge the issue of personal responsibility....and for this reason, the time is right. In Menopause Matters, women are not managed care cases. Instead, Dr. Edelman offers a vision of independence, well-being and purpose for our "wisdom years"...and the tools we can use to make it happen. I highly recommend this book!

I have thoroughly enjoyed Dr. Edelman's book. I was pleased to see that she included her opinions on natural approaches, as well as issues on moods, memory, sleep and how to avoid increasing ones risk of cancer and heart disease. A thorough and concise book which I found to be easy reading. I think that the lay person would also find it easy reading because Dr. Edelman explains everything in an easy to understand manner. Great Work! Paula Swenson, LPNColorado

I think of myself as fairly knowledgeable regarding the typical health issues faced by women, since I have read a good deal of health information over the years as it relates to myself and my daughters, who are now college-aged. However, not only did I get many new tidbits of information reading this book, Dr. Edelman's easy-to-understand and considered dialogue encouraged me to achieve a new perspective about taking care of myself. This book made me feel important as a woman. It gives credibility to the issues that women tend to keep quiet about because they've been conditioned to view them as a weakness or inconvenience. It made me feel empowered to regard my feminine health with due importance, as well as to be more proactive in working with my doctors. I enjoyed reading the vignettes throughout the book. There were quite a few scenarios I related to personally. Also, with the way the book reads and the way the patient stories follow along with the topics, I had nearly every question that popped into my mind answered. Dr. Edelman's expertise and many years in gynecology practice have enabled her to anticipate our questions and answer them in a way that is easily understandable. I also appreciated the inclusion of holistic methods for treating symptoms of menopausal and health issues. I hope that more doctors begin to see the importance of using naturopathic remedies in addition to pharmacology. Menopause certainly matters, but this book is much more than an education for women going through "the change." It's a comprehensive guide for living our healthiest life from the earlier, child-bearing years and onward. It is a book that should be referenced over and over again at the various stages of our lives. I will make sure that each of my daughters has one on her bookshelf!

I should have posted this review over a year ago, because as a primary care physician, I have been recommending this book to my patients (and my fellow doctor girl friends) since it came out! Dr. Edelman does a great job of discussing every aspect of menopause without having a biased standpoint. Many books on this topic are written and sold by people with a personal agenda- they sell herbal or bio-identical supplements, or they are so intensely pro- or anti- HRT that they cannot see the opposite view. This book simply looks at the evidenced based medical studies and explains in practical terms what works, what doesn't, and what side effects (good and bad) that you can expect. Doctors that take care of women, as well as all women who are making this hormonal transition will find this a terrific handbook- kind of a "what to expect" when you can't expect your next period. Thanks, Dr. Edelman!

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