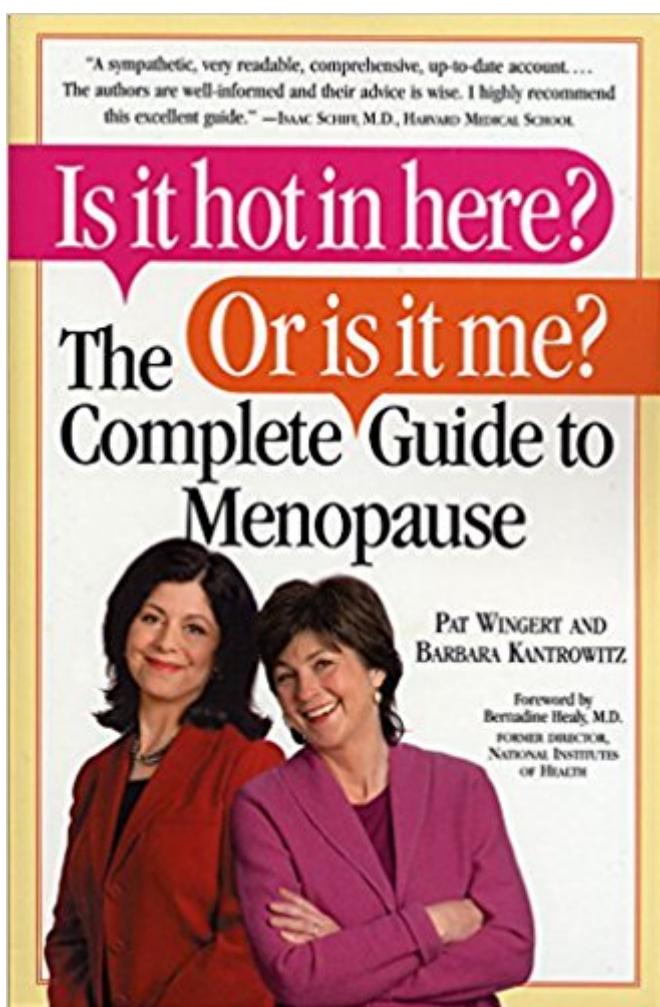


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# Is It Hot In Here? Or Is It Me? The Complete Guide To Menopause



## Synopsis

Itâ™s not your motherâ™s menopause. Some women live through it and never miss a beat. Others suffer so many symptomsâ™ severe hot flashes, sleeplessness, mood swingsâ™ that they have trouble functioning. But what all women have in common is a need to know what to expect and how to understand this phase for its inherent promise: as a grand beginning to the second half of life. By poring over the latest research, interviewing doctors and scientists, attending conferences, and talking to other women, Pat Wingert and Barbara Kantrowitz offer the everything-you-need-to-know guide to menopause. *IS IT HOT IN HERE? OR IS IT ME?* is accessible, comprehensive, practical, reassuring, scientific, and written in the lively, smart voice of friends helping friends. First comes the overview: the beginnings of menopause, including why knowing if youâ™re actually in menopause can be so tricky; the stages of menopause and their typical duration; the role of hormones and the viability of hormone therapy; when and why to seek treatment, the risks involved, and a primer on pills, creams, patches, shots, and bioidenticals. Then, at the heart of the book, two essential sections: âœWhat Youâ™re Feeling Now,â• which offers the relief of solid information on the symptoms of your menopausal lifeâ™hot flashes, insomnia, mood swings, bleeding, memory loss, and those inexplicable glitches in thinking that make you feel like a kid with ADDâ™plus the comfort of advice on what to do. And âœStaying Healthy Forever,â• a jam-packed guide to caring for your changing body: It begins by trusting your knowledge of yourself, then learning the things to do to ensure a long and healthy future, one in which you look your best and feel your best. No matter what your path through menopause, the experience is one of great change: and now for this great change, great help.

## Book Information

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## Customer Reviews

Workman's enviable success with the classic pregnancy "bible" *What to Expect When You're Expecting* has no doubt sparked this guide, which claims to do for those at midlife what Heidi Murkoff's series has done for pregnant women. The company has tapped two respected *Newsweek* health writers for this map to everything a woman might encounter before, during and after menopause. An attractive, user-friendly format with sidebars, charts, illustrations and q&as guides readers through hundreds of pages of material. Chapters progress from the basics (types of menopause, onset and duration, testing); hormonal changes and their impact on sleep, sex, moods and memory; and lifestyle (diet, exercise, stress); to heart and bone health, cancer, treatment options and medications. As Wingert and Kantrowitz point out, we've come a long way from when symptoms associated with menopause included "uncontrollable peevishness" and "perversion of moral instincts," yet many women remain reticent about their experiences, fear aging and feel incapable of the new challenges presented by their bodies along with the rest of their obligations. Such readers will welcome Wingert and Kantrowitz's inclusion of suggestions for self-care and their positive focus on what, they say, can be a healthy and productive time in a woman's life. (Feb.)

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"Dr. Spock for aging women... extremely well researched and presents cutting-edge science in a readable and comprehensive way. An excellent reference." - The North American Menopause Society. "Sympathetic, very readable, comprehensive... I highly recommend this excellent guide." - Isaac Schiff, M.D., Harvard Medical School. "Required reading for women wanting to maximize the second halves of their lives." - Wulf H. Utian, M.D., Ph.D., founder and executive director, The North American Menopause Society. "Bravo! This book should be a birthday gift for every 40-year-old (actually, probably earlier)." - Barb Malat, CPNP, PA-C, co-chair, Menopause and Hormone Therapy Committee, Association of Reproductive Health Professionals."

more of the same of what you already know was looking for a touch more elaborate book on what to do or take versus the biological aspect of the process but if you are not familiar with the why this is happening then this is a great book but not what I was looking for

This is a book that I highly recommend to anyone going through the rollercoaster of

menopause/perimenopause. The format is similar to "What to Expect When you are Expecting". It has questions and then their answers. It is so refreshing to realize that there are other women suffering the same things and wondering about it too. There are lots of references in this book and it has been a very useful resource for me.

"Is it Hot in Here? Or is it me? The Complete Guide to Menopause" has three parts: "The Basics

Just the facts, ma'am. Not trying to sell you on a supplement or diet or hormones, just the straight, medical truth about this phase of a woman's life. An enjoyable read, an excellent reference.

Very basic and outdated. Publishing date on this is years ago when HRT was popular. Now that no HRT due to known dangers, much of the advice is ridiculous. I could find the same on the internet these days. I would not recommend purchasing.

This book is written in such a basic way. It makes me think it is written at a grade school level. I was looking for something a little more substantial. I didn't learn anything I didn't already know. Very basic info.

Thank you for this wonderful resource that has answered many of my questions and pointed me in the right direction for further assistance!

## GOOD RESOURCE

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Is it Hot in Here? Or is it me? The Complete Guide to Menopause The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) "No, It's Not Hot In Here" , A Husbands Guide to Menopause The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause The Snazzy Jazzy Nutcracker: Hot, Hot, Hot in 1929! Hot Hot Hot Hot Sauce!: Techniques for Making Signature Hot Sauces, with 32 Recipes to Get You Started; Includes 60 Recipes for Using Your Hot Sauces The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems What's Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause The Perfect Menopause: 7 Steps to the Best Time of Your Life [ THE PERFECT MENOPAUSE: 7 STEPS TO

THE BEST TIME OF YOUR LIFE ] by Hess, Henry M. ( Author ) May-01-2008 Paperback Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions Chicken Soup for the Soul in Menopause: Living and Laughing through Hot Flashes and Hormones The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Bill Bryson Collector's Edition: Notes from a Small Island, Neither Here Nor There, and I'm a Stranger Here Myself Hot Wheels Field Guide: Values and Identification (Warman's Field Guides Hot Wheels: Values & Identification) Warman's Hot Wheels Field Guide: Values and Identification (Warman's Field Guides Hot Wheels: Values & Identification) Hiking Hot Springs in the Pacific Northwest: A Guide to the Area's Best Backcountry Hot Springs (Regional Hiking Series) It's Getting Hot in Here: The Past, Present, and Future of Climate Change Hot Air: The (Mostly) True Story of the First Hot-Air Balloon Ride (Caldecott Honor Book)

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