



Menopause Matters: Your Guide to a Long and Healthy Life (A Johns Hopkins Press Health Book)

Julia Schlam Edelman

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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.

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