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Our Bodies, Ourselves: Menopause

By Boston Women's Health Book Collective, Judy Norsigian



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Our Bodies, Ourselves: Menopause By Boston Women's Health Book Collective, Judy Norsigian

From the editors of the classic “Bible of Women's Health,” a trustworthy, up-to-date guide to help every woman navigate the menopause transition.

For decades, millions of women have relied on *Our Bodies, Ourselves* to provide the most comprehensive, honest, and accurate information on women's health. Now, in *Our Bodies, Ourselves: Menopause*, the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, MD, the director of the Office of Research on Women's Health at the National Institutes of Health, *Our Bodies, Ourselves: Menopause* includes definitive information from the latest research and personal stories from a diverse group of women.

Our Bodies, Ourselves: Menopause provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible.

Our Bodies, Ourselves: Menopause is an essential resource for women who are experiencing—or expecting—menopause.



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Editorial Review

From Publishers Weekly

Readers familiar with *Our Bodies, Ourselves*, first published in 1970, will find the same comprehensive, balanced and empowering approach in this volume. The authors consider menopause within the totality of women's health and as a natural process, not a medical problem. They detail typical menopausal symptoms, mainstream and alternative treatments, and risk factors for such conditions as osteoporosis, heart disease, cancer and diabetes as women age. They explain the biology of menopause; provide up-to-date perspectives on hormone replacement therapy (HRT); discuss sudden and early menopause due to surgery, medical treatments or genetic risk factors; and offer personal reflections by individual women. The sections on how to evaluate research findings; make wise health-care decisions; understand the social, cultural, economic and political frameworks in which women's health care is viewed and formulated; and nurture the self—mind, body and spirit—during years of change on all levels will prove most useful. As a general reference on menopause, this volume will be embraced by a wide female audience. (*Oct.*)

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Review

"So much has been learned about menopause in the last twenty-five years -- what a challenge it had to be to treat the subject in a comprehensive, comprehensible manner, which this book admirably does....A worthy companion to the classic pathfinder book by the same organization."

-- Isaac Schiff, M. D., chief of Obstetrics and Gynecology Service at Massachusetts General Hospital

"Who's afraid of menopause? Not the authors of this book, who offer practical health information and the wisdom of experience to help other women through this life transition."

-- Kathleen Turner, actress

"Our Bodies Ourselves has done it again!...Our beloved guides to our own bodies...lead us through menopause with this detailed, inclusive, and woman-centered book -- a must-read for every woman in her middle years."

-- Helen Zia, author of *Asian American Dreams: The Emergence of an American People* and former executive editor of *Ms. Magazine*

About the Author

The Boston Women's Health Book Collective (now known as Our Bodies Ourselves) is a non-profit organization founded in 1969 whose board members include Teresa Heinz Kerry, Susan Love, and Gloria Steinem. Their mission is to empower women by providing information about health, sexuality, and reproduction. *Our Bodies, Ourselves* is the organization's core vehicle for driving their mission. While OBOS is famous for its voice in policy, advocacy, and educational efforts related to women's health, they see their role as a global content provider as paramount. Judy Norsigian is the Executive Director of Our Bodies Ourselves.

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