



Menopause: A Guide for Every Woman

Beverley Lawton

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A clear, no-nonsense approach to menopause by an expert in the field. Menopause is a 'hot' topic for many women today. Older women make up a great and growing proportion of the population. With modern obstetrics, medicines and good public health, women are living far longer. This means that managing menopause and its sometimes difficult associated symptoms is extremely important as women strive to live a quality life. The author is a director of the Wellington Menopause Clinic and a senior research fellow in women's health at the Wellington School of Medicine and her book covers: Changes at menopause; Treating symptoms without HRT; The role of HRT; You want to try HRT - what next?; Getting fatter, getting thinner; Sexuality and menopause; Osteoporosis and how to beat it; Breast cancer and HRT.

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