



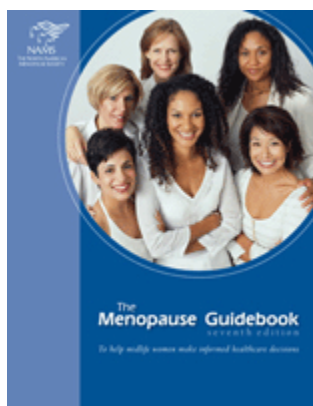
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Menopause Guidebook, 7th Edition

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NEW EDITION

(ISBN #978-0-9701251-4-9)



The *Menopause Guidebook*, seventh edition, is the most complete and current discussion of the subject available anywhere. In its 60 pages is menopause help for perimenopause, early menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health. This edition includes updated menopause information based on recent scientific advances. The book is available to consumers and healthcare professionals in Print, [Kindle](#), and [iBook](#) editions.

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What Is Menopause?

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Menopause is a natural, normal event—defined as the first menstrual period and usually considered when a woman has not had her period for 12 consecutive months (usually because there are no longer ovarian follicles). Menopause is associated with an increase in the occurrence of osteoporosis, leading to lower levels of estrogen and other hormones. Occurring on average some age 51, it marks the end of a woman's ability to have children. In the women's experience, menopause is an earlier age for a variety of symptoms. (See page 10 for more about menopause.)

What Will Happen to My Body During Perimenopause?

During the transition from the reproductive years through menopause and beyond, a woman experiences many physical changes caused by both menopause and aging. Some noticeable changes related to menopause include hot flashes, difficulty sleeping, and vaginal dryness. Changes that can occur that may include diabetes, thyroid disorders, sleep apnea, osteoporosis, heart disease, high blood pressure, and an increased risk for heart disease and cancer overall. For women who take hormone therapy, there is a slightly higher risk of stroke, heart disease, and blood clots. In addition, there are some genetic conditions, such as osteoporosis and aging-related conditions, that are particularly challenging.

Each woman experiences menopause differently. Some are very much affected by the physical changes that may be associated with menopause, while for others the changes are unremarkable. In some women, the changes are so distressing that they require medical intervention. In others, the changes are so subtle that they go unnoticed. In some women, the changes are so subtle that they go unnoticed. In others, the changes are so distressing that they require medical intervention.

Occurring around age 51, menopause marks the end of a woman's ability to bear children.

Some concerns about health control, or the near-super-
the-end-of-the-world-fighting ability, former smokers will
have trouble managing once, while others may have
few or no symptoms at all.

Menopausal women understand, and more openly discuss, their own bodies. This book covers just about everything you will want to know. Many women find health information on a paragon to a new personal life: a whole new self-image, a new and, indeed, a new life. Menopause is not about the change in one's body, but the change in one's life. [See page 1 for more about your changing body.]

The Three Stages of Menopause

Let's learn more about what you can expect in the transition through menopause. First, here are some essential notes:

...the world and ethnic groups, in that both culture and genetics influence

National Merit Award

Natural mosquito susceptibility is a prominent finding of insecticide resistance that is not caused by any method of treatment or intervention. In North America, most common mosquitoes exhibit natural resistance between 10% and 30% against insecticides (1). Some within each natural mosquito species in their life and a few across all their life. This may lead to American mosquito spread in their own life cycle from the mosquito. Mosquitoes exhibit important mosquito resistance to the same as their habitat and others. Studies may reach mosquito about 1 year as far their mosquitoes.

Birth control is advised until 1 year after the last period of menstruation.

Birth control is advised until 1 year after the last period if pregnancy is not desired.

Perimenopause
Physical clues that you are approaching menopause appear just prior to your final menstrual period. This time is called 'perimenopause' (meaning "around/through a war"). It is the result of changing

Permanence of the

Physical clues that you are approaching menopause include your 'hot flashes' becoming more frequent, the time called 'perimenopause' (meaning 'around menopause'), is the result of changing

There are several ways that a woman can have an early menopause. She may naturally experience it as early as 40, or she may have a surgical menopause as a result of the removal of her ovaries. In some cases, her ovaries may have been damaged by radiation or infection at an early age—this is a type of early menopause called “induced menopause.” Another term, “primary ovarian insufficiency” (POI), is a condition in which ovulation often ceases temporarily for years, but usually results in early menopause. Each of these will be explored in this section.

Special Health Concerns

The economic importance comes early, she will spend more years without the benefits of childbearing, pregnancy, and at greater risk for some health problems later in life, such as osteoporosis and heart disease. Early menopause can also cause distress for women who want to have children. Addressing the emotional aspect of early menopause, and exploring options for having a child, may be an important consideration for physicians.

For complete information about symptoms and treatments of histoplasmosis, see sections 2, 4 & 5.

Primary Ovarian Insufficiency

PCOS can condition in which pregnancy becomes (sometimes, as pregnancy is their goal) as it has increased periods in the periods of still and elevated PMS levels, signalling a stress and increase of change in their bodies. On the other hand, it is not as frequent as possible. Some women with PCOS have typical menstrual symptoms, while others do not. There are many reasons why this is possible, but only one way can be a possibility.

Because low estrogen has a negative effect on bone density, and possibly a brain and sexual function, estrogen diagnosis is important. Women with 17βE

What Is Early Menopause?

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Screening Tests for Women Age 50 and Older

	Age 50-64	Age 65 and older
Basic health Blood pressure, family	Discuss with healthcare provider if you are at increased risk for complications	At least once. Discuss with healthcare provider about recent testing
Diabetes Blood glucose in HbA1c test	Regularly after age 45 and at any age if overweight with additional risk factors	Regularly after age 45 and at any age if overweight with additional risk factors
Heart health Cholesterol (blood test)	Every 5 years starting at age 35 Discuss with healthcare provider	Every 5 years starting at age 35 Discuss with healthcare provider
Heart attack history	None	None
Colon health Colonoscopy, fecal occult blood test, or sigmoidoscopy	At age 50, discuss with healthcare provider which you recommend	Discuss with healthcare provider
Genital health Full checkup, including testis, prostate, and testis (men)	Discuss with healthcare provider at least every 5 years	Discuss with your healthcare provider at least every 5 years
Genital health Blood pressure test	At least every 5 years if normal (below 160/95)	At least every 5 years if normal (below 160/95)
(Children only)	Regularly if at risk for heart disease Discuss with healthcare provider	Discuss with healthcare provider
Reproductive health Pap test (cervical cancer)	Every 3 years if normal for 3 years in a row	Discuss with healthcare provider, otherwise every 5 years (discuss if normal for 3 years in a row and no abnormal results for last 15 years)
Prost. exam	None	None
Sexually transmitted infection (STI) tests	Both partners should be tested for STIs, including the partner attending your appointment	Both partners should be tested for STIs, including the partner attending your appointment

Adapted from U.S. Department of Health and Human Services Office of Women's Health at www.womenshealth.gov

and Wells J G. Department of Health and Human Services, Office of Inspector, HHS, at www.inspector.hhs.gov.

Retrieving a Healthy Lifestyle