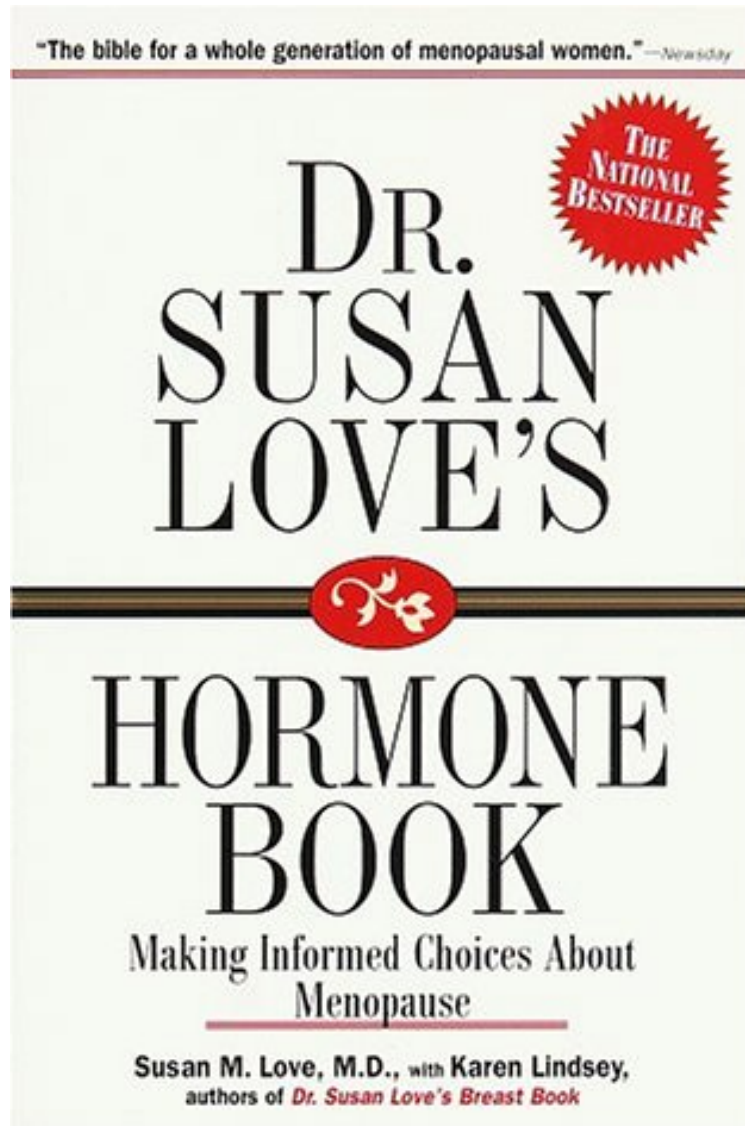


Dr. Susan Love's Hormone Book : Making Informed Choices About Menopause

Susan M. Love, Karen Lindsey
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Susan M. Love, Karen Lindsey : Dr. Susan Love's Hormone Book : Making Informed Choices About Menopause before purchasing it in order to gage whether or not it would be worth my time, and all praised Dr. Susan Love's Hormone Book : Making Informed Choices About Menopause:

64 of 65 people found the following review helpful. one true voiceBy Barbara SeamanI write on January 27, 2000, two days after the embargo was lifted on the National Cancer Institutes new findings, published in the Journal of the

American Medical Association, on the role of estrogens alone, and estrogen-progestin combinations, in breast and uterine cancer. If you have a uterus and take estrogens without progestins you invite endometrial cancer. If you add progestins to the estrogen you avoid the cancer "down there" but substantially increase your chances of getting it "up top" in your breast. The longer you stay on hormones the more your chances of uterine and breast cancer keep rising...and rising.. There's much to consider and under some circumstances taking hormones, especially for the short run might make sense. - See if you can look the article in the Journal of the American Medical Association -- and check out the accompanying editorial by scientists from Harvard's School of Public Health, titled "Postmenopausal Estrogens- Opposed, Unopposed or None of the Above" which concludes that "it is time to reassess...the commonly held belief that aging routinely requires pharmacological management..." In 1997, Susan Love was excoriated for presenting exactly this reasonably cautious and honest viewpoint in her splendid HORMONE BOOK Meantime, 12 million US women continue to take estrogen alone, while 8.6 take it with progestin. I wish every one of them would read this excellent work., and reconsider. And I personally am exceedingly proud to present a 1999 interview with our heroic Dr. Love in my own new book (with Gary Null) FOR WOMEN ONLY; YOUR GUIDE TO HEALTH EMPOWERMENT. 14 of 15 people found the following review helpful. Comprehensive Resource By Lisa This book covers all the bases you'll want to consider when facing menopause. The author discusses many aspects of menopause, including symptoms, treatments (both conventional and alternative), and long-term risk of breast cancer, osteoporosis, and heart disease. Some of the things I really like about this book: The author dispels several myths (like taking estrogen leads to youthful-looking skin) and pulls the curtain back on the cozy relationship between the pharmaceutical industry and medical research. The reason all the "gold standard" studies on menopause have been done using Premarin, which contains horse estrogens not found in humans, is because researchers get that drug free from Wyeth-Ayerst (the Premarin manufacturer and patent-holder). As the author acknowledges, the collecting the urine that goes into Premarin causes hardship to countless horses and their offspring, and women ingesting the drug get all sorts of serious medical complications. It will be great for women everywhere when medical researchers give equal study to the hormones that are found naturally in human women (which so far seem to be much more benign than Premarin, but being non-patentable hold less potential for financial profit). Some things I didn't like about the book: The author cites a lot of evidence gleaned from nonhuman studies (done on monkeys, rats, and mice) even though common wisdom holds that animals are a very poor model for humans. (About 80% of the drugs that pass animal tests are later found to be harmful to humans.) She does mention the importance of vitamins and minerals beyond calcium and Vitamin D, but I'd like to see more emphasis given. (See books like The Bone Density Diet or Preventing and Reversing Osteoporosis for more on that.) Finally, she doesn't acknowledge that women without a uterus can also benefit from taking progesterone; in fact she often muddles the (important) difference between progesterone and progestin and falsely implies at times that the harmful effects of taking progestin apply to progesterone as well. (Note: progesterone is natural to a human woman's body; progestin is a molecularly altered compound which can be patented but which acts differently from progesterone in the body.) Overall, there is a ton of helpful information in this book and the good certainly outweighs the bad. This is a great primer for women who plan to live for a very long time! 7 of 7 people found the following review helpful. Great balanced viewpoint By Diane This book presents a comprehensive discussion of hormones and alternatives to dealing with premenopause, menopause, and long-term prevention. Details are provided which include alternative approaches, including diet, exercise, etc. It even includes a final helpful chapter on making your own decisions. The only negative thing is that it was written in 1997, and there may be more current information available now. Wish she would release an updated edition.

"We're the baby boomers," writes renowned women's health advocate Dr. Susan Love. "We wanted to change the world in the sixties. During the sexual revolution we claimed the right to enjoy our bodies. We wanted more knowledge about how our bodies worked. We read books about menstruation and childbirth. Now we're approaching menopause, and we want to decide for ourselves how we'll experience this process as well. But how do we do that? We're faced with all kinds of options, and with them all kinds of questions." With Dr. Susan Love's Hormone Book, Dr. Love will help you decide for yourself how you want to move through this stage of life. Here's the information you really want to know to answer your most pressing concerns: You've been having symptoms -- hot flashes, night sweats, mood swings. What are your options for coping with them? You've read in the newspapers that after menopause women are in danger of heart disease or osteoporosis, and you don't want to wind up like that hunched-up elderly woman you saw in the supermarket checkout line. How likely is it? Your doctor thinks taking hormone replacement therapy might be the answer, but you're not sure: How does it work? What can and can't it do? Is it safe? Your mother sailed through menopause and your symptoms don't bother you. Do you need to do anything at all? You've had breast cancer or heart disease. What choices will work for you? You don't like the idea of medication. Are there any life-style changes or alternative approaches worth exploring? With clarity and compassion, Dr. Love will help you sort through the answers to these and other confusing questions. She emphasizes that menopause is not a disease that needs to be cured; it's a natural life stage. She tells you what you need to know about coping with symptoms and addressing concerns about osteoporosis, heart disease, breast cancer, endometrial cancer, and more.

And she walks you through every option for the short and long term.: lifestyle changes (diet, exercise, and stress management), alternatives (including herbs and homeopathic remedies), other medications, and a thorough discussion of the pros and cons of hormones. An in-depth questionnaire on your personal health risks and lifestyle preferences will help you put it all together to make choices to fit your unique needs--choices Dr. Love encourages you to reconsider as your life situation changes. Also included are guidelines for finding the right health care professional, a resource guide of helpful books, newsletters, and organizations, and more. You know your body better than any doctor, and you're in the best position to assess your individual needs, risks, and lifestyle choices and to decide how you want to more through menopause. With Dr. Love's authoritative, comprehensive new book, you'll have the information you need to make the decisions that work best for you. From the Hardcover edition.

.com In an empowering and demystifying book about menopause, Dr. Susan Love, a noted breast surgeon and women's health advocate, tells it straight about hormones. "Hormone therapy is neither a fountain of youth nor an 'evil empire,'" Love writes with her coauthor, Karen Lindsey. "I can't tell you in this book whether or not you should take hormones, but I can spell out the pros and cons, examining the various promises that have been made for menopausal hormone therapy, and letting you know what the side effects and dangers can be." But even before she gets into the promises and the pros and cons, Love lets the reader know what menopause is biologically, and how its symptoms can vary widely. Particularly fascinating is the second chapter, titled "The Medicalization of Menopause." Love's examination of how women in other cultures actually look forward to menopause, and of how the medical establishment and the pharmaceutical industry have a vested interest in making menopause a disease, is a convincing one. It puts menopause and hormone therapy into a whole new light. Chapter by chapter, Love reviews the scientific evidence for the promised benefits of hormone therapy--protection from osteoporosis and heart disease--and for the potential risks--increased chance of breast and endometrial cancer. And she answers almost every imaginable question about alternatives to hormones, from dietary changes to exercise to acupuncture to herbs. While Love and Lindsey, who worked together previously on Dr. Susan Love's Breast Book, are up-front about their perspective on hormone therapy, they also give women the information they need about the various hormones on the market and provide a questionnaire to help them assess their values, so that readers can make their own informed choice about hormones during menopause. From Library Journal Love, director of the Revlon/UCLA Breast Center, is a leading world expert in breast cancer research and author of what has been called the bible of breast care, Dr. Susan Love's Breast Book (LJ 6/1/95. 2d ed.). Here, Love provides an intimate insider's look at menopause. At the core of this well-organized and clearly written book is an in-depth discussion of the risk factors associated with hormone replacement therapy (HRT). Love explores therapy options with a three-tiered system--lifestyle, alternatives, and drugs and surgery--and helps readers clarify their choices with a series of self-surveys. This well-referenced resource includes five appendixes on practitioners, product sources, patient education materials, publications, and lists of support organizations. Highly recommended for all consumer health collections. [Previewed in Prepub Alert, LJ 10/1/96; Love is profiled in Karen Stabiner's To Dance with the Devil: The New War on Breast Cancer, forthcoming from Delacorte in May. Ed.] Rebecca Cress-Ingebo, Wright State Univ. Lib., Dayton, Ohio. - Rebecca Cress-Ingebo, Wright State Univ. Lib., Dayton, Ohio Copyright 1997 Reed Business Information, Inc. From Booklist With more than 40 million menopausal women in the U.S. and millions of aging baby boomers in the wings, the stream of books about menopause will soon become a raging river. Love, author of the well-received Dr. Susan Love's Breast Book (1990), has a rather unusual take on the topic. Most books about menopause give lip service to alternative therapies but ultimately support the more-common hormone therapy. Love is not so sure about the highly touted benefits of hormone therapy and leans instead toward women making lifestyle changes and using holistic therapies before going down the estrogen-replacement road. Although meant to clarify, the book may confuse many readers who have been given the opposite advice of what Love offers here. Fortunately, she is not didactic, writes clearly, and even offers a personal-evaluation test so that readers can rate their lifestyles and risk factors and perhaps find the correct path for them. Significant publicity for the book will ensure that Love's views reach a wide audience. Ilene Cooper