



The Hormone Decision (Hardback)

By Tara Parker-Pope

Rodale Books, United States, 2007. Hardback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book. It's the most pressing question on the minds of women at any stage of the menopausal transition: "Should I or shouldn't I take menopause hormones?" The answer is far from crystal clear. Hormone drugs are the most effective therapy for easing hot flashes and other common menopause symptoms. But their long-term effects have been the focus of intense scrutiny and debate. As the weekly consumer health columnist for the Wall Street Journal, Tara Parker-Pope has been an eyewitness to the growing controversy surrounding hormone therapy. Her understanding of menopause research, and her access to the experts behind it, has given her unique insight into the complex issues surrounding hormone use. In *The Hormone Decision*, Parker-Pope explores the scientific, political and social forces that have shaped current thinking on hormone therapy. And she takes you on a head to toe tour of how hormones affect every part of your body, including your brain, your breasts, your heart, your bones, your vagina, and even your skin. As you will discover, hormone therapy is not one-size-fits-all. It's as individual as your health...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**