

As Seen on PBS

STRAIGHT TALK ON
Menopause

With
Dr. Judith
Rosenman



*A giant step forward in providing
much needed information for women
to take control of their health care
choices.*

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Straight Talk On Menopause 1996 Reichman Judith Reichman Judith

David Kirk



Straight Talk On Menopause 1996 Reichman Judith Reichman Judith:

I'm Too Young to Get Old Judith Reichman, 1996 If you're a woman over forty you probably have questions and concerns about your health Unlike your mother or grandmother you do not want to go passively or silently through the next half of your life No one seems to care about your contraceptive needs Pregnancy is the last thing I want at this point What are my options If I take the Pill and I'm over forty am I at increased risk for cancer Or I know I've put it off but I'm ready now and I want to be pregnant yesterday What are my chances and the risks involved I'm going through menopause and I'm not sure I like the idea of taking hormone replacement therapy for the rest of my life How do I know if it's right for me What other choices do I have I'm too busy to consult a score of specialists to keep on the proper health track Is there a single checklist I can follow so I know what tests to take and when In **I'm Too Young to Get Old** renowned gynecologist Judith Reichman M D creator of two acclaimed PBS series on menopause and health gives women over forty the information they need to make their health care choices Yes we need to know what happens to our hormones but that doesn't mean we should be defined in terms of our reproductive system As Dr Reichman writes My patients have matured with me and most of us are now over forty Many have struggled with their health as they aged while others seemed to mature with vibrancy pleasure and an increasing appreciation of their lives What explains these differences We traverse a complicated passage our hormones fluctuate and so do our moods body temperatures and sleep patterns We have to make choices about birth control then hormone control We should be concerned about cancer prevention and detection heart disease osteoporosis joint problems and thyroid problems We want to control our weight and our wrinkles And in the midst of all this we are taking care of aging parents aging children or dealing with our mates midlife problems both physical and psychological or possibly going through divorce getting back in the job market or leaving it and wondering how we reached forty so fast Dr Reichman addresses all these concerns and more with clarity and wit She tackles subjects often given short shrift avoiding hysterectomy coping with urinary incontinence exploring sexuality from forty to ninety see the chapter on Sex Hormones and Rock n Roll preparing for a healthy second half of life despite our abuses of the first half and more Written in a warm accessible style and laced with the humorous perspective of someone who's gone through this stage of life herself **I'm Too Young to Get Old** has all the authoritative up to date information you need to take control of your future health *TV Guide* ,1996 [San Francisco Focus](#) ,1997 **Still Sexy After All These Years?** Leah Kliger, Deborah Nedelman, 2006 Draws on interviews and conversations with women ages fifty to ninety five to shed new light on sexuality among older women discussing such topics as what happens to sexual desire after age fifty how older women keep passion alive how couples can remain physically intimate in the wake of injury or illness and more Original **Bowker's Complete Video Directory** ,2000 *The Library Journal* ,1997 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Library Journal** ,1997

Menopause With Science and Soul, 2007 A guide to navigating the physical mental emotional and spiritual changes that accompany the journey of menopause with an approach informed by the author's background in naturopathic and conventional medicine

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Table of Contents Straight Talk On Menopause 1996 Reichman Judith Reichman Judith

1. Understanding the eBook Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - The Rise of Digital Reading Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - Advantages of eBooks Over Traditional Books
2. Identifying Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - User-Friendly Interface
4. Exploring eBook Recommendations from Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - Personalized Recommendations
 - Straight Talk On Menopause 1996 Reichman Judith Reichman Judith User Reviews and Ratings
 - Straight Talk On Menopause 1996 Reichman Judith Reichman Judith and Bestseller Lists
5. Accessing Straight Talk On Menopause 1996 Reichman Judith Reichman Judith Free and Paid eBooks

- Straight Talk On Menopause 1996 Reichman Judith Reichman Judith Public Domain eBooks
 - Straight Talk On Menopause 1996 Reichman Judith Reichman Judith eBook Subscription Services
 - Straight Talk On Menopause 1996 Reichman Judith Reichman Judith Budget-Friendly Options
6. Navigating Straight Talk On Menopause 1996 Reichman Judith Reichman Judith eBook Formats
- ePub, PDF, MOBI, and More
 - Straight Talk On Menopause 1996 Reichman Judith Reichman Judith Compatibility with Devices
 - Straight Talk On Menopause 1996 Reichman Judith Reichman Judith Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - Highlighting and Note-Taking Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - Interactive Elements Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
8. Staying Engaged with Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
9. Balancing eBooks and Physical Books Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
- Setting Reading Goals Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
- Fact-Checking eBook Content of Straight Talk On Menopause 1996 Reichman Judith Reichman Judith
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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