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What Every Woman Needs to Know about Menopause: The Years Before, During, and After 1st Edition by Mary Jane Minkin M.D. (Author), Carol V. Wright Ph.D. (Author)

What Every Woman Needs to Know about Menopause: The Years Before, During, and After by Mary Jane Minkin, Carol V. Wright This helpful and user-friendly book provides a practical guide to physical and emotional well-being during the premenopausal, menopausal, and postmenopausal years.

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What Every Woman Needs to Know about Menopause. The Years Before, During, and After. Mary Jane Minkin and Carol V. Wright. View Inside Price: \$19.00. Buy. ... Menopause and Beyond will give these women the information they need to make decisions that will affect the rest of their lives. Mary Jane Minkin, M.D., is clinical professor of ...

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Dr. Mary Jane Minkin, who is my colleague and friend, and her coauthor Carol V. Wright have written an authoritative, comprehensive book about menopause that reassures and informs women. In a single book, What Every Woman Needs to Know About Menopause explores the known medical and alternative approaches to menopause. Issues range from who is a ...

What every woman needs to know about menopause : the years before, during, and after. [Mary Jane Minkin; Carol V Wright] -- "This authoritative book provides a practical guide to physical and emotional well-being during the premenopausal, menopausal, and postmenopausal years.

And the worse part is, menopause may not be too far off. Menopause officially occurs when a woman stops having her period. According to the National Institute on Aging, the average age of menopause is 51. When menopause begins before the age of 40, the Office on Women's Health says, it's considered early.

18 Things Every Woman Should Know About Menopause. Hot flashes. Sleepless nights. ... There's more than one "sex talk" you need to think about. After interviewing experts and real women across the country we found there are three critical conversations you should start when it comes to menopause. ... "Mood swings in the years before menopause ...

90% of women experience absent, short, or irregular periods leading up to menopause. Periods may occur earlier or later than before; bleeding may be lighter or heavier; menstruation may last only for a day or two or seem to go on forever. Periods may be irregular for three to ten years before stopping completely.

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