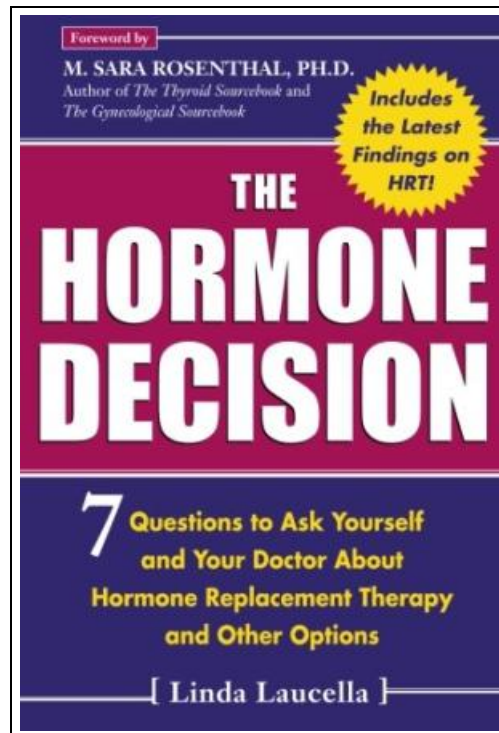


## The Hormone Decision



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### **Reviews**

*It is just one of the best publications. This can be for anyone who states that there was not a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
(Tara Jerde)

## THE HORMONE DECISION



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McGraw-Hill Companies. Paperback. Condition: New. 160 pages. Dimensions: 8.2in. x 5.5in. x 0.5in. Seven Important Questions to Ask Yourself and Your Doctor When Reconsidering Hormone Replacement Therapy: Whats really happening to my body during menopause What can I do to combat my menopausal symptoms Can HRT benefit me Is HRT too risky to consider If I start on HRT, do I have to keep taking it after menopause If Im on HRT, should I stop immediately in light of the new findings And what is the best way to stop What else can I do to enhance my overall health, with or without HRT To date, nearly 6 million women use some form of Hormone Replacement Therapy (HRT) to combat menopausal symptoms and retain overall good health. However on July 9, 2002 the National Institute of Health (NIH) announced it would be halting its study of HRT due to an increased risk of cancer in study participants. Understandably, this news left women, currently taking hormone replacement and those considering it-panicked, confused, and full of questions. Now, helping women resolve these fears is Linda Laucellas new book, The Hormone Decision. A respected health writer and researcher, the author offers an authoritative guide to navigating the maze of information on hormone replacement therapy. With the Hormone Decision, women will be able to: Figure out the questions to ask and how to make the best choices for their individual needs Weigh the benefits and risks for overall health both during and after menopause Assess their lifestyle choices optimize overall health with or without HRT This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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