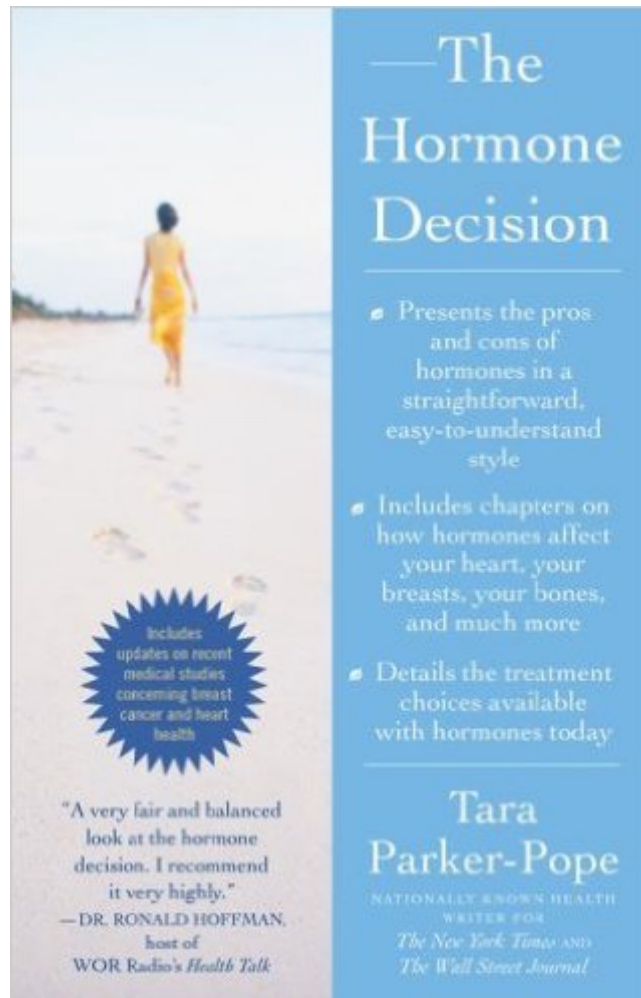


The book was found

# The Hormone Decision



## Synopsis

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 status, family history and menopause experience. When you start hormone therapy and how long you use it are major factors in determining its health effects. While it may raise certain risks for some women, it actually may be protective for others. This is why you need an independent, objective resource like *The Hormone Decision*. It provides the context for you to understand the research, ask intelligent questions, and ultimately choose whether or not hormone therapy is right for you. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Paperback: 400 pages

Publisher: Pocket (April 1, 2008)

Language: English

ISBN-10: 1416570845

ISBN-13: 978-1416570844

Product Dimensions: 5.3 x 1 x 8.2 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,536,321 in Books (See Top 100 in Books) #108 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #3745 in [Books > Health, Fitness & Dieting >](#)

[Women's Health > General](#)

## Customer Reviews

Ever since '02, women have been avoiding HRT due to the exaggerated negative reporting in our media. As a gynecologist since 1977, I have always found that my patients who are taking replacement hormones are healthier, happier, and more youthful - with minimal dangerous side effects. What we now need is a double-blind, control study with younger (50-55) post-menopausal women. The explanation of how the WHI was conceived explains it all... Good reporting!!

I've been frustrated by the way the HRT issue has been handled, both by the media and the medical profession. The Hormone Decision is a pretty good treatment of how that happened. Now for the reservations: no good discussion of what "statistically significant" means; and insistence that a study that had, in my opinion, some deep ethical concerns from the outset, has told us a lot about the way hormones act in the post-menopausal female.

This book was recommended to a group of opinion leaders in gynecology by one of the recognized top gynecologists in the country. You can't go wrong with this objective explanation of what went wrong with the design of the Women's Health Initiative and the publication of its results.

A Great Saver!! More informative than any Drs. I have seen during the past year!!! This book has answered 95% of my questions with perfect sense! Thanks very much to the co-worker who introduced it!!

[Download to continue reading...](#)

The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause  
The Hormone Decision What's Your Decision?: How to Make Choices with Confidence and Clarity: An Ignatian Approach to Decision Making  
Decision Traps: The Ten Barriers to Decision-Making and How to Overcome Them  
What Your Doctor May Not Tell You About(TM): Breast Cancer: How Hormone Balance Can Help Save Your Life (What Your Doctor May Not Tell You About...(Paperback))  
The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days  
The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol  
Dr. John Lee's Hormone Balance Made Simple: The Essential How-to Guide to Symptoms, Dosage, Timing, and More  
What Your Doctor May Not Tell You About Menopause (TM): The Breakthrough Book on Natural Hormone Balance  
The Hormone Secret: Discover Effortless Weight Loss and Renewed Energy in Just 30 Days  
What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporis, PCOS, and More  
What Your Doctor May Not Tell

You About Menopause (TM): The Breakthrough Book on Natural Hormone Balance (What Your Doctor May Not Tell You About...(Paperback)) Traditional Chinese Medicine: A Woman's Guide to a Hormone-Free Menopause Fit and Sexy For Life: The Hormone-Free Plan for Staying Slim, Strong, and Fabulous in Your Forties, Fifties, and Beyond Dr. Susan Love's Menopause and Hormone Book: Making Informed Choices Woman's Guide to Hormone Health, A: The Creator's Way for Managing Menopause Natural Hormone Replacement For Women Over 45 Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! Sex, Lies, and Menopause: The Shocking Truth About Hormone Replacement Therapy The Hormone of Desire: The Truth About Testosterone, Sexuality, and Menopause

[Dmca](#)