



Hot Flashes, Hormones & Your Health: Breakthrough Findings to Help You Sail Through Menopause

JoAnn Manson, Shari Bassuk

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Take control of menopause with the latest information on hormone therapy

As someone going through menopause, you may be all too familiar with its uncomfortable symptoms and you are desperate for relief. Now, one of the world's top experts on women's health gives you solid, research-based advice to help you sail through menopause without the suffering. In *Hot Flashes, Hormones, and Your Health*, Dr. JoAnn Manson provides the answers you need:

- The latest scientific evidence on the benefits and risks of hormone therapy
- Expert guidance in determining whether or not hormone therapy is the right choice for you
- The truth about bioidentical hormones
- Healthful and effective options for women who cannot--or prefer not to--use hormone therapy

“Recommended . . . one of the best books about menopause.”

--North American Menopause Society

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Bethany Hall:

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