

The Silent Passage Menopause

Menopause: Biology and Pathobiology is a comprehensive volume covering all aspects of the biology, anatomy, physiology, pathobiology, and pharmacology of menopause, as well as its diagnosis and management. The book is divided into four sections: Basic Biology, Epidemiology, Menopausal Systems Pathophysiology, and Intervention. Basic Biology covers such fundamentals as ovarian anatomy and physiology, mechanisms of steroid hormone action, chronobiological effects, and premature menopause. Epidemiology includes, among others, chapters on methodology challenges in the study of menopause, how to distinguish the effects of age from those of menopause, and a discussion of the key differences in demographics, environmental factors, and ethnicity in the menopause experience. The Pathophysiology section contains chapters on menopause and its various effects on the body, including sexuality, skin, brain, the cardiovascular system, cancers, and mood. The final section includes detailed chapters on intervention and management techniques, with topics including alternative therapies to hormone replacement, exercise, and estrogens and osteoporosis. * Well-referenced to allow easy look up of anything related to menopause * Presents the latest thinking on basic science and clinical topics * Exposes what the current gaps in our knowledge are * Presents current expert opinions

Gail Sheehy in the Silent Passage called menopause the calm after the storm. This book is about the storm itself. Much is known about the menopause, its symptoms and effects on women's lives but very little has been mentioned so far on the decade leading up to the menopause during which time ovulation decreases and estrogen levels are destabilizing. Every

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women experiences it yet it is one of the least understood, most misdiagnosed and most confounding stages in a women's life. Could it be. . . . Perimenopause? outlines the symptoms - both psychological and physical - which are a direct result of this hormone imbalance and shows how best to combat them. It gives you the facts you need to make clear choices about medicinal and natural therapies and it teaches you about following a healthy lifestyle -such as diet, nutrition, exercise and vitamins - that you can start today and that will bring about far-reaching ramifications for your future overall health. Could it be. . . . Perimenopause is essential reading for all women.

Moving beyond a traditional focus on sexual functioning, this book emphasizes the complex interaction of psychological, social, cultural and biological influences on women's sense of themselves as sexual beings. Written for practitioners and educators, its goal is to challenge contradictory messages and meanings that cause many women to feel disconnected from their bodies and from their needs and desires. Themes explored include the development of sexual awareness and sexuality in childhood and adolescence, the critical sexual choices of young adulthood, and the multiple transitions characterizing the middle and later years of life. The book features creative exercises and interventions to help girls and women construct more affirming sexual meanings.

Are you part of the baby boomer generation, nearing 50 or have passed the threshold? Five years either way will still pull you into this collection of short stories, which will make you, laugh, sigh and cry. This book reflects the feelings, experiences and challenges we all face during the roller coaster years of the 50ies-stories every woman will be able to identify with. At least you will know that you are not alone but that we are many and what is better than

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knowing that misery loves company?

Deconstructs fiction and nonfiction to further understandings of how aging and old age are created. In lively, accessible prose, this book expands the reach and depth of age studies. A review of age studies methods in theory, literature, and practice leads readers to see how their own intersectional identities shape their beliefs about age, aging, and old age. This study asks readers to interrogate the “texts” of menopause, self-help books on aging, and foundational age studies works. In addition to the study of these nonfiction texts, the poetry and prose of Doris Lessing, Lucille Clifton, and Louise Erdrich serve as vehicles for exploring how age relations work, including how they invoke readers into kinships of reciprocal care as othermothers, otherdaughters, and otherelders. The literary chapters examine how gifted storytellers provide enactments, portrayals, and metaphorical uses of age to create transformative potential.

As night follows day all women will pass through menopause. It is not a disease but with the onset of menopause women will experience a new set of health problems like vaginal dryness, bladder disturbances, hot flashes, skin wrinkling, facial hair growth and loss of sexual desire. Since the turn of the century a woman could expect to live to about forty-eight. Things have changed. At menopause a woman now has half of her adult life to live. The risks of developing osteoporosis, heart disease, breast cancer increases at this stage of a woman's life. There are many books on the market that deal in detail with the various facets of menopause. This book however will focus on nutrition, food supplements and lifestyles for women on hormones or women who want to pass through this phase of life naturally. I have also added a chapter on the risk and benefits of HRT. Women have now to take responsibility on themselves to learn all

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facets of menopause and how to cope with the changes that come with menopause so that the last half of a woman's life will be more vigorous and rewarding than the first half! Women who do not take the very best of their health from the five to seven years of menopause are the ones with the most health problems and poorest quality of life in later years.

"In *Menopause: A Midlife Passage*, [questions about menopause] are considered in depth from a dazzling variety of angles. This is just the serious feminist discussion of menopause that I have been longing for.... its exquisite analyses renew us in our struggles to make sense of it all." -- Alice Dan, *Women's Review of Books* "Menopause has become a hot (with or without the flashes) topic in America. That's because a critical mass of us have reached it and are educated, aggressive, and confident enough to want to know what's happening to us, and then to talk about it.... Smart, useful, funny, *Menopause: A Midlife Passage* is a fine addition to the discussion, a healthy companion for this all-important life passage." -- Susan Stamberg, Special Correspondent, National Public Radio "Editor Callahan takes anything but a trendy approach to a very trendy topic. She's gathered essays by scholarly women who have thought through society's position on menopause and menopausal women and don't like what they see: older women denied positive portrayals in mainstream media, menopause treated by the medical establishment as if it were a disease rather than a natural occurrence, and devaluation of older women. Determined to change people's minds with their words, these women speak both powerfully and empoweringly. A must for feminist and women's health collections." -- *Booklist* "... a bold attempt to go beyond the standard medical framing of women's experience, and to contest the notion that the menopause is straightforwardly a hormonal 'deficiency disease'." -- *New Scientist* "... [an] entertaining and informative book that takes a very positive

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attitude toward the 'midlife passage'." -- Fertility News "This book should be required reading for all women's health care providers and anyone else doing counseling of menopausal women." -- Journal of Women & Aging Essayists from various walks of life present female-defined perspectives on menopause and the passage to new physical, social, and cultural development.

Offers alternatives to estrogen replacement therapy, including herbs, homeopathic treatments, diet, and exercise

Comprehensive, up-to-date and easy to read, covering all aspects of managing the menopause.

Covering all aspects of women's health including historical, epidemiological, economical, clinical, legal, ethical, special population, cultural and psychosocial issues.

This book focuses on the lives of journalists and editors who contributed to advocacy journalism. Each entry contains biographical information about the journalists, their professional careers, major works, and, in some cases, commentary on those works.

Answers questions about hot flashes, hormone replacement therapy, and more for women who are entering menopause

Guide with more than two thousand bibliographic entries and cross-references. It includes journal articles, book chapters, essays, and doctoral dissertations, as well as complete books.

Candid, enlightening, inspiring, and witty, with essential information on everything from early menopause to treating symptoms naturally, Gail Sheehy's landmark bestseller is still the bible for women concerned about menopause.

The only extended, first-person narrative about menopause, *A Menopausal Memoir: Letters*

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from *Another Climate* explores the connection between menopause, mourning, and memory through nine fictional letters written to different addressees. The letters explain the author's own experience of having a hysterectomy (without her permission) during surgery for endometriosis and being thrown into instant menopause. Herrmann expresses her experiences differently in each letter based on the recipient's gender, sexual identity, and age, revealing the complexities of accepting menopause. Psychotherapists, psychologists, physicians, medical students, academics, and those interested in women's health and women's studies will receive insight into one woman's experience and will learn how our bodies mold our sexual identity and shape many aspects of our lives. Writing these letters from the point of view of a scholar engaged in personal narrative but not in the familiar narrative of a woman married with children, Herrmann examines her journey of loss, recovery, and healing through feminist theory. The letters in *A Menopausal Memoir* reveal many other issues, including: the relationship between the female body and the meanings attached to it the different ways women tell their stories about difficult experiences negotiating the relationship between growing older and sexual identity the body's response(s) to the loss of organs that form/inform its history the connection between body, identity, and disease A highly personal, yet theoretical, approach to the experience of menopause, *A Menopausal Memoir* explores how changes in the body affect your sexual identity, your relationships, and your feelings as a woman. To her landmark studies, *Passages* and *New Passages*, the author adds another New York Times best-seller that leads men through the manifold changes and opportunities life brings after forty. Reprint.

The Fifteenth Triannual Congress of the International Association for Analytical Psychology

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(IAAP) took place on the grounds of St. Johns College in Cambridge, England from 19 to 24 August 2001. It was a memorable occasion both in its preparation and its incarnation and the present volume is meant to preserve at least a portion of what transpired: the papers comprising the program. The presentations and events were more far-reaching and all-inclusive than ever before, incorporating numerous political and intercultural issues and including representatives from psychoanalysis and other fields of endeavour for the first time. Gail Sheehy's landmark bestseller has become the bible for women concerned about menopause. Since *The Silent Passage* was originally published in the early 1990s, Gail Sheehy, a member of the board of the New York Menopause Research Foundation, has been at the forefront of the newest research on menopause. She has also continued to interview countless women throughout the country on the subject. In this updated and expanded edition, she presents essential new data in chapters on *The Perimenopause Panic*, *Menopause in the Workplace*, *Estrogen and Brainpower*, and *New Frontiers in Treatment*. Candid, enlightening, inspiring, and witty, with the latest information on everything from early menopause to Chinese medicine and natural remedies, *The Silent Passage* is an indispensable reference for every woman.

Profiles a range of traditional and alternative options for treating menopause symptoms, in a volume that dedicates each chapter to a specific condition or therapeutic approach, from hormone replacement therapy and osteoporosis to Chinese medicine and yoga, as evaluated by top field experts. Original. 12,000 first printing.

Combines interviews and research in an exploration of the sexual habits of a wide range of women--married and single--over fifty.

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A Personalized Program for Better Hormone Health It's no stretch to say that the information about perimenopause, menopause, and hormone replacement therapy (HRT) is confusing and often scary. Hormonal changes over time are natural, but they can sometimes be difficult. But they don't need to put too much strain on your health and sanity if you understand what's happening in your body and know how to manage it. This workbook is your most valuable resource for hormone health. Written by a pioneering team of hormone researchers, it puts up-to-date, scientifically sound hormone information at your fingertips. Each chapter includes helpful exercises and assessments to help you get a clear picture of your health and make a plan for total hormonal wellness. You'll also benefit from real-life stories of women just like you who have encountered hormonal challenges and, with the powerful tools in this book, made positive changes for better health. Learn about your body and your hormones: Chart and examine your personal and family medical histories to help understand your current or future hormone health Use the hormone symptom questionnaire to track current or potential hormone situations, including estrogen and progesterone, thyroid, or adrenal imbalances or menopause Learn which tests and treatments are appropriate for particular hormone-related conditions Make informed decisions about whether to consider HRT Take control of your health and your life with a personalized strategy for greater vitality through balanced hormones

With almost 100,000 copies sold in earlier editions, this revised edition provides the most up-to-date information on natural alternatives to synthetic hormone replacement therapy A must-read for any woman taking synthetic hormones for infertility, birthcontrol, PMS, or menopause • Includes the latest research on using natural progesterone to combat osteoporosis, endometriosis, heart disease, PMS, fibroids, and breast, ovarian, and uterine cancer More and

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more women are seeking alternatives to synthetic hormones and their harmful side effects. Despite increasing awareness of the dangers of synthetic hormones, over-prescription of estrogen is still rampant, as is confusion among doctors and patients whether the benefits of conventional hormone replacement therapy (HRT) outweigh the risks. This updated fourth edition offers the latest information on how botanical progesterone therapy, also known as natural HRT, can provide safe, natural relief for many of the problems women face from hormone deficiency, including PMS, fibromyalgia, depression, menstrual irregularity, miscarriages, uterine fibroids, and infertility. Botanical progesterone supplementation can be also extremely effective in relieving hot flashes, insomnia, night sweats, vaginal dryness, and even cancer. The authors sift through misinformation and contradictory studies, warning against corporate-sponsored research in a multi-billion dollar menopausal industry, and guide readers to natural alternatives. This fourth edition also includes new studies regarding the dangers of a diet rich in soy contributing to the onset of premature menopause, as well as thyroid disorders. The dangers of mammography and the importance of focusing on safer, more effective methods of cancer detection are also well documented.

An updated edition of the best-seller by the author of *Passages* includes new data on perimenopause, menopause in the workplace, estrogen and brain-power, and new treatments. Reprint.

A collection of biographical information about outstanding women in American history. Learn how to better navigate the challenges of adult life with Gail Sheehy's landmark bestseller—named one of the ten most influential books of our times by the Library of Congress. For decades, Gail Sheehy's *Passages* has been inspiring readers to see the predictable crises

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of adult life as opportunities for growth. She charts the stages between 18 and 50 as unfolding in a pattern of adult development: once recognized, more easily managed. Passages is an insightful road map of adulthood that illustrates with vivid stories our continuing personality and sexual changes throughout the "Trying 20s," "Catch 30s," "Forlorn 40s," and "Refreshed (or Resigned) 50s." One comment is continuously repeated by men, women, singles, couples, and people who recover from a midlife crisis: "This book changed my life."

Enormous changes have taken place in the adult life cycle. Young people are waiting until their 30s to marry and start families, men and women in their 40s and 50s feel ten years younger, more women are having children in their 40s or over, 50-year-old men are increasingly being forced into early retirement, and healthy men and women who reach 50 can expect to see their 80th or 90th birthdays - which means they have a Second Adulthood to think about and plan.

How did menopause change from being a natural (and often welcome) end to a woman's childbearing years to a deficiency disease in need of medical and pharmacological intervention? By examining the history of menopause over the course of the twentieth century, Houck shows how the experience and representation of menopause has been profoundly influenced by biomedical developments and by changing roles for women and the changing definition of womanhood.

"This book recounts the surprising origin story of the "midlife crisis." Before becoming a gendered cliché, the midlife crisis gained traction as a feminist concept with the publication of journalist Gail Sheehy's best-selling *Passages: Predictable Crises of Adult Life*. Coined by psychoanalyst Elliott Jaques in the 1950s, the term was largely neglected until Sheehy re-

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invented it as a feminist idea that challenged the double standard of middle age. Widely popular, 'midlife crisis' was subsequently appropriated and redefined as a masculinist concept by psychological and psychiatric experts. Susanne Schmidt's telling reveals the midlife crisis' remarkable role in modern American life: first to valorize the emergence of female breadwinners and dual-income families, then to reassert gender order in times of social change. A must-read"--

Nurses are experts at translating knowledge for patients. Rouse, a registered nurse, has written this book for women experiencing this bewildering time in life through the eyes of a nurse. The easy-to-read text mixes understandable explanations with solid

Demonstrates the ways in which yoga postures and practices, selected especially for people over fifty, can restore body flexibility and promote mental well-being

Offers a humorous look at dealing with a man's mid-life crisis, discussing the physical, emotional, and financial changes one encounters

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New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

Drawing from a wide range of scholarly research, archival records, and interviews, The Estrogen Elixir provides valuable historical context for one of the most pressing debates in

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contemporary medicine.

Twenty-nine collected essays represent a critical history of Shakespeare's play as text and as theater, beginning with Samuel Johnson in 1765, and ending with a review of the Royal Shakespeare Company production in 1991. The criticism centers on three aspects of the play: the love/friendship debate.

Gail Sheehy broke the silence with "The Silent Passage; Germain Greer challenged our preconceptions in "The Change; and now best-selling author Dr. Miriam Stoppard offers a practical approach designed to guide women through the menopause. "The Practical Guide "to the Menopause contains chapters explaining exactly what happens during the change, how to prepare for it, and how to recognize, manage and enjoy this new period of life to the fullest. Features include: Preparing for the menopauseWatching out for symptomsCommon medical complaintsHow to maintain sexualityWhat to expect beyond the menopauseAs with Miriam Stoppard's best-selling "The Magic of Sex, there are hundreds of helpful and clear photographs and diagrams throughout. Women will find it an invaluable resource and guide. The personal accounts in this collection were written by women who have undergone hysterectomies, and they offer a sobering perspective on the surgery. The potential risks and irreversible consequences of the surgery are presented to dispel popular beliefs that hysterectomies pose no medical or emotional risks. The stories and resources encourage individual women and the medical community at large to consider alternative and more effective treatment options. This replaces 0773762868.

Reinterpreting Menopause brings together a number of reflections from a broad range of areas including feminism, cultural studies, clinical medicine, sociology, philosophy and political

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science and includes the voices and experiences of menopausal women themselves. In an innovative series of essays, current thinking about medicine, society and the body is critically examined. Particular attention is given to the medical representations of menopause, biology and aging, the history of medical approaches to women and the tensions between bio-medical models and other explanations of menopause. Contributors include: E. Ann Kaplan, Emily Martin, Mia Campioni, Fiona Mackie, Roe Sybylla, Wendy Rogers, Kwok Lei Leng, Margaret Morganroth Gullette and Robyn Gardner.

New Dimensions in Women's Health, Fifth Edition, offers a practical approach to understanding the health of women—all races, ethnicities, socioeconomic status, cultures, and orientations. Objective and data-driven, the Fifth Edition provides solid guidance for women to optimize their well-being and prevent illness and impairment. Each chapter of this book comprehensively reviews an important dimension of a woman's general health and examines the contributing epidemiological, historical, psychosocial, cultural/ethical, legal, political, and economic influences.

Blending natural and traditional medicine, offers solutions to such problems caused by menopause as decreased sexual desire, poor sleep, weight gain, forgetfulness, night sweats, mood changes, and hot flashes.

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