

The Knowledge Of Menopause And Its Treatment Among Orang

When administered at the right time, estrogen therapy can lead to substantial improvements in a woman's quality of life. Yet, for more than a decade, women have been told about many worrisome side effects of hormone replacement therapy, including an increased risk of cancer, blood clots, and heart disease. In *The Estrogen Window*, Dr. Mache Seibel shows that not taking estrogen at the right time following menopause actually increases the risk of suffering one of those events. Falling estrogen levels also increase a woman's risk for heart disease and Alzheimer's, as well as osteoporosis. Dr. Seibel presents groundbreaking research that proves how every woman has an "estrogen window," an ideal time to begin estrogen replacement, which can minimize menopausal symptoms such as hot flashes, night sweats, mood swings, fractured sleep, brain fog, irritability, and weight gain. Not only can women safely take estrogen during this window, but also taking the hormone this way provides a wide range of health benefits that guarantee women increased protection from the very conditions they have been led to fear most.

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A Mental Health Practitioner's Guide

The Menopause and HRT

Knowledge of Menopause and Hormone Replacement Therapy

Menopause

Dental Hygienists' Knowledge of Menopause and the Possible Oral Manifestations of Menopause

Men and Menopause

The sample population consisted of approximately 159 women, ranging in age from 18 years old to 72 years old. the average woman was Caucasian, heterosexual, 41.7 years old, held at least a bachelor's degree, and earned between \$30,000 and \ \$100,000. Another distinguishing characteristic of women in this survey was their high level of medical utilization.

In Nurses and Non-nurses ...

Attitudes and Knowledge of Premenopausal Women Regarding Menopause

Knowledge, Attitude and Symptomatology of Menopause for Lesbians During the

Perimenopausal Phase

Women's Knowledge Level about Menopause and Its Treatment

A Dissertation Submitted for the Degree of Master of Clinical Pharmacy at the University of Otago, Dunedin, New Zealand

The Relationship of Menopause Knowledge, Primary Source of Information and the Likelihood of Taking Hormone Replacement Therapy Among Low- Income African-American Women

The interplay of hormones, health and behavior across the female

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life cycle, especially during the menopausal transition, poses a special challenge to health care professionals. Written by experts, this book brings together the knowledge gained on the menopausal transition from clinical experience and medical research. Topics like 'what to expect' from the menopausal transition, sexuality, sociocultural changes, impact of life stressors, and emergence of depression are discussed. The physiology of thermoregulation and the occurrence of hot flashes are reviewed for a better understanding of vasomotor complaints. Another chapter offers an update on hormonal and nonhormonal treatment strategies by presenting an overview of the management of mood and anxiety during the menopausal transition. The emergence of psychotic symptoms associated with peri- and postmenopausal changes in sex hormone levels is also addressed. Lastly, the book includes an excellent review on the pros and cons of hormonal therapy in the post-Women's Health Initiative era. This book is a must for gynecologists, psychiatrists, endocrinologists, epidemiologists involved in the clinical care of mature women as well as researchers and students interested in obtaining an up-to-date overview of this topic.

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Premenopausal Lay Women's Knowledge about Menopause

Women's Knowledge about Menopause

The Estrogen Window

Knowledge about menopause and attitudes toward menopause among the Palestinian women living in the West Bank and Gaza Strip

A Study of the Knowledge, Attitudes and Beliefs Related to Menopause and Hormone Replacement Therapy in African American Women

A Dissertation Submitted in Partial Fulfilment for the Degree of Master of Clinical Pharmacy at the University of Otago, Dunedin, New Zealand

This practical guide covers the full spectrum of issues relating to menopause, including short and intermediate term symptoms, long term consequences such as osteoporosis, and premature ovarian failure. It also offers complete coverage of both hormone replacement therapy (HRT) and non-hormonal management approaches. In its new 2nd edition, THE MENOPAUSE AND HRT features updated discussions of this highly topical subject, with new drug additions and an expanded focus on non-hormonal therapies.

The Assessment of Women's Knowledge of Menopause

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Women's Knowledge of Menopause in Taiwan

A Descriptive Study of Women in Hawaii

An Investigation and Assessment of Knowledge of Menopause, Menopausal Symptoms, and Issues Among Women and Men in Namibia

The Relationship Between Knowledge and Attitudes of Women Regarding Menopause

The Relationship Between Knowledge of Menopause and Perception of Menopause

"A clear, balanced, and up-to-date guide to dealing with issues arising from the menopause - it couldn't have come at a better time." —Dr Mark Porter, Practising GP, well known Writer and Broadcaster As the variety of treatments to alleviate the physical and psychological symptoms of menopause continues to expand, doctors are encouraging women to take an active role in choosing treatment options for themselves. Understanding Menopause will help you to make these decisions by providing clear, unbiased information about all aspects of menopause, as well as first-person accounts by women of their psychological and sociological menopausal experiences. Written by an expert in women's health, this reader-friendly guide bridges the gap between medical knowledge and everyday life to help you cope with the menopause both physically and mentally. Features

women's accounts of what the menopause actually feels like Includes the most up-to-date information on the results of the recent high-profile study into the risks of heart disease and stroke amongst women who have taken HRT Written in an easy-to-understand style by an expert on women's health An Interventional Study

An Investigation of Women's Knowledge about Menopause Attitudes Toward Menopause in a Faith-based Community

Factors Associating with Knowledge on Menopause and Extent of Menopausal Symptoms Among Vietnamese Women in Ho Chi Minh City New Zealand Women's Attitudes and Knowledge of Menopause and Hormone Replacement Therapy (HRT)

Organized for ease of use by today's busy mental health clinicians, Menopause: A Mental Health Practitioner's Guide describes the latest knowledge and clinical recommendations associated with menopause in a single, concise guide that is clearly written and comprehensive in scope. Menopause is about change -- but it is also a normal life stage traversed by most women with little or no difficulty. Not all women have

symptoms as they transition to menopause, and women with symptoms experience them in different combinations and levels of intensity. The management of perimenopause and menopause is also rapidly changing. The past 5 years have seen truly dramatic changes in our scientific knowledge of and medical recommendations for perimenopause and menopause. For example, until recently, hormone replacement therapy was highly advocated as an essential aspect of care for women in perimenopause and menopause. Even the definitions used to describe the different time periods and stages associated with natural (i.e., nonsurgical) menopause have changed over time and can be confusing. Thus, Menopause: A Mental Health Practitioner's Guide uses the 1994 World Health Organization Scientific Group on Research in the Menopause terminology, augmented by more recent refinements made by the Stages of Reproductive Aging Workshop. The essential Menopause: A Mental Health Practitioner's Guide sheds light on the complexity and constant change integral to the study and treatment of menopause, bringing together the current work

of 14 internationally recognized menopause experts in psychiatry, neuroscience, gynecology, and internal medicine. After an introductory chapter sets the contexts of midlife in women, subsequent chapters in Menopause: A Mental Health Practitioner's Guide cover the following topics: The basic physiology of the menopausal transition and menopause. The effects of gonadal hormones on the central nervous system, and in particular, depression, anxiety, and irritability during the menopausal transition and midlife. New research findings and clinical advice about the effect of gonadal hormones and menopause on psychotic illness in women. An examination of the medical aspects of and the gynecologic aspects of perimenopause and menopause. A look beyond menopause to the psychopathology and psychotherapy of older women in various cultures. The timely information contained in Menopause: A Mental Health Practitioner's Guide will help mental health professionals to formulate current, best understanding and treatment for the psychological problems that some women experience as they traverse perimenopause

and menopause.

A Pilot Study

Discourse on Menopause

The Knowledge of Menopause : an Analysis of Scientific and Everyday Discourses

Effects of a Support Group on Knowledge and Attitude Toward Menopause of Mid-life Women Attendees

A Survey of Knowledge and Attitudes

The Experience and Knowledge of Menopause Among Low-income Cleveland Women

The report provides the findings of investigation and assessment of knowledge of menopause, menopausal symptoms and issues among women and men in Namibia.

A Survey Conducted in Alaska

Women's Knowledge of Menopause and Estrogen Replacement Therapy

Knowledge about Menopause and Attitudes Toward Menopause Among the Palestinian Women Living in the West Bank and Gaza Strip

Women's Attitudes to and Knowledge of Menopause and Hormone Replacement Therapy

The Menopausal Transition

The Relationship Between Menstrual Complaints, Knowledge of Menopause and Attitude Toward Menopause

***The Relationship Between Knowledge of Menopause and Perception of Menopause
The Relationship Between Knowledge and Attitudes of Women Regarding Menopause
A Study of the Knowledge, Attitudes and Beliefs Related to Menopause and Hormone Replacement Therapy in African American Women
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Knowledge of Menopause and Hormone Replacement Therapy
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The Relationship of Level of Women's Knowledge of Menopause to Level of Adherence to Plan for Exercise, Calcium Supplementation, and Hormonal Replacement Therapy
The Relationship Between Knowledge of Menopause and Attitude Toward Menopause in Adult Women Attending a Private, Rural Clinic in an East-Central Mississippi County
Attitudes Toward Menopause in a Faith-based Community
An Interventional Study
Attitudes and Knowledge about Menopause
A Descriptive Study of Women in Hawaii
Knowledge about menopause and attitudes toward menopause among the Palestinian women living in the West Bank and Gaza Strip
Effects of a Support Group on Knowledge and Attitude Toward Menopause of***

Mid-life Women Attendees Understanding Menopause John Wiley & Sons

Interface Between Gynecology and Psychiatry

A Survey of the Knowledge, Attitudes and Practices of Postmenopausal Women Regarding Hormone Replacement Therapy

A Descriptive Study of Women's Knowledge Level and Attitudes Regarding Menopause

The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--through Perimenopause, Menopause, and Beyond

The Relationship of Level of Women's Knowledge of Menopause to Level of Adherence to Plan for Exercise, Calcium Supplementation, and Hormonal Replacement Therapy

Attitudes and Knowledge about Menopause

Purpose of this study was to assess the amount of knowledge women have about menopause, its symptoms, and treatment options with an emphasis on using exercise as management tool. Fifty-two women from 40-65 years old volunteered to take the survey, in which most questions were taken from the NAMS-Gallup Survey of 1994. Two sites were utilized for data collection: the Capital Region site (29 participants) and the Central NY site

(23 participants). Results indicated that menopausal women have sought out information about menopause by discussions with a doctor in order to help manage their symptoms. Topics discussed most often with a doctor included osteoporosis, calcium supplements, exercise, healthy eating, weight, and emotional and mental health. Only a little more than half of the participants had discussed exercise with a doctor, expressing a greater need for improved communication on that topic. Women were generally satisfied at some level with the information they have received and believe that symptoms can be dealt with by using natural (non-HRT) methods though most women have not tried those methods. From analysis of this active cohort (>82% being active 3 or more days per week) it was found that physical activity was not significantly correlated to lesser severity ratings of the top three most experienced symptoms. While not statistically significant in this study, other research has shown the importance of exercise to help aid women through this process and women in this cohort have adopted physical activity regimens to help cope with menopause. Sources, satisfaction of information, treatment options, physical activity associated with severity of symptoms, and interest of learning more were primary hypotheses of this study and while most were supported, physical activity and severity of symptoms need further evaluation. Exercise still

remains a highly suggested treatment option to help women deal with menopause.

A Survey of Women's Knowledge and Attitudes Toward Menopause

Understanding Menopause

Premenopausal Women's Knowledge and Attitude Regarding Menopause

Knowledge of Menopause and Attitude Toward Menopause

The Relationship Between Knowledge of Menopause and Attitude Toward Menopause in Adult Women Attending a Private, Rural Clinic in an East-Central Mississippi County