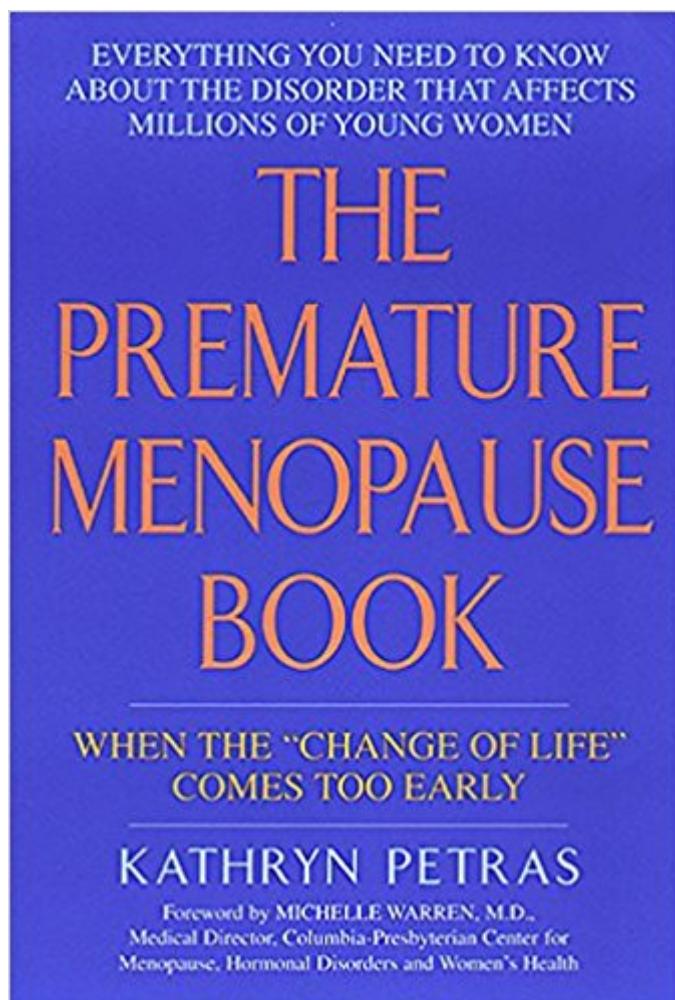


The book was found

# The Premature Menopause Book:: When The "change Of Life" Comes Too Early



## **Synopsis**

WHY NOW? WHY ME? Today, millions of women in their twenties and thirties, many of whom are just beginning to plan a family, are receiving the shocking news that their reproductive years are already over. They are in premature menopause -- menopause years before its time. Whether due to an autoimmune disorder, surgery, chemotherapy, radiation, or the often undiagnosed condition known as Premature Ovarian Failure (POF), premature menopause is common, increasing -- and almost always traumatic. If you are one of the women experiencing early menopause, you have hundreds of questions, but have probably found few answers...until now. The Premature Menopause Book is the first book focusing on this difficult transition -- written by a woman who faced the same questions: What can I do about it? Do I need hormones? How can I have a baby despite this condition? How can I feel like "me" again? The Premature Menopause Book provides the latest information on health and emotional issues, explores all of your options, lists resources, websites and support groups, shares the experiences and advice of women going through this experience, answers frequently asked questions and offers the support and understanding you need.

## **Book Information**

Paperback: 416 pages

Publisher: William Morrow Paperbacks; 1 edition (July 1999)

Language: English

ISBN-10: 0380805413

ISBN-13: 978-0380805419

Product Dimensions: 5.2 x 1 x 8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 25 customer reviews

Best Sellers Rank: #148,472 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Women's Health > Menopause #427 in Books > Health, Fitness & Dieting > Women's Health > General

## **Customer Reviews**

Diagnosed with premature menopause at age 38, Petras has written the book that she wished had been available to her at that traumatic time. Well researched, engrossing, and easy to understand, this book will be invaluable to the millions of women in their twenties and thirties who share Petras's experience, answering the questions women ask when faced with the physical and emotional

consequences of early menopause and the reality that their ability to reproduce might be over. In addition to a thorough discussion of the pathophysiology and emotional aspects of premature menopause, this book includes chapters on hormone replacement and other pharmacologic therapies, diet (including vitamins and natural supplements), and exercise, as well as choosing the right doctor. Personal accounts from women dealing with premature menopause coupled with Petras's references to her own experiences should help empower women. Appended to the text is information about support groups and web sites. A worthwhile addition to consumer health collections. ALinda M.G. Katz, MCP Hahnemann Univ., Philadelphia Copyright 1999 Reed Business Information, Inc.

For women in their 20s and 30s who are already facing menopause, a thorough discussion of issues and treatments, along with plenty of support from those who've been there. Petras herself was diagnosed with premature menopause at age 38 (before she'd had children) and went through what turned out to be an all too common ordeal: insensitive, inaccurate, unhelpful medical care, a myriad of vague and distressing symptoms, emotional crises brought about by the early end to her reproductive years, a bewildered spouse. She hopes here to help others avoid as much of the confusion (if not the pain) as possible. Petras first explains ``The Symptoms and Signs That Can Tip You Off and the Tests You Should Ask Your Doctor For.'' She then describes the physiology of early menopause (what isn't working and why) and considers ``Why Me? Dealing With the Emotional Realities of Premature Menopause.'' She covers the issues of hormone replacement therapy (generally, Petras thinks it's appropriate here), vitamin and other supplements, and finding good medical care, and she looks at the possibilities of having a baby (egg donors, surrogates, and adoption are discussed). Throughout, Petras refers frequently to her own and others' experiences (she is now part of an extensive support network). Included are lists of medical resources and support organizations. Sound advice and information for those facing a similar diagnosis. --  
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Anyone who has received this diagnosis knows you go through an extreme swing of emotions. I didn't know where to turn and I'm glad I found this book. It is written by a woman who was diagnosed and going through POF and includes lots of stories/quotes from women who are also experiencing it. I found it to be very helpful and felt less alone. I highly recommend this book to anyone who is going through this. I am also recommending that my MD get this book to give to women that they give this diagnosis to as they were not equipped to explain to me what this book

did simply.

Kathryn Petras' book The Premature Menopause Book is the only book out on book shelves that deals with this very important topic. As the founder and creator of HotFlash! the perimenopause/menopause web site and online support group I have interviewed Kathy and read her book. Her compassion and breath of knowledge is incredible. She has helped literally thousands of women through her book and drive to make this once unknown health challenge get the attention it deserves. In dealing with the media and in consulting with women, I have found that women AND men want to know all they can about perimenopause and menopause. While folks are still catching up on what menopause means to the average woman, Kathy has broken ground in talking about the health challenges, emotional struggles, and the reality of hitting menopause, (which traditionally occurs at age 51) while still being thirty or even twenty. Doctors are finding more and more women, each day, are in early or premature menopause. Thankfully Kathryn Petras has written a compassionate and informative book to help all women who are faced with a premature menopause.

I would recommend this book to any woman going through premature menopause. It answered all my questions and more. I have been using it as a reference often. Author makes it easy to understand and can relate to all the issues involved with this diagnosis. Would highly recommend,

Very informative

The condition was not as described (the cover was torn), but the content was excellent and very informative.

This book is fantastic! I wish I had found it 6 months ago. I have gotten so many of my questions answered about early menopause since reading this book. I am now a truly informed patient.

I did not find anything useful in this book. I was very disappointed in it, and find some reasoning by the author to be disagreeable.

For me POF means Plan On Fighting, and Kathryn P. is doing just that by putting together an excellent resource. I especially appreciated her mention of herbal remedies and nutritional

recommendations, since such remedies have contributed to reclaiming my own fertility. I would've liked to have seen a more in-depth exploration of the factors responsible for bringing on early menopausal symptoms. Many of the women I have worked with in the last six years, have been able to reverse their diagnosis, and give birth to healthy children, after addressing the issues that initially triggered the problem. Some of these triggers were infectious diseases, environmental toxins, nutritional deficiencies, unresolved emotional traumas, etc. Although there is no guarantee that nutritional adjustments, lifestyle changes etc. will help us create a pregnancy there is overwhelming evidence that they will strengthen our bodies and ward off POF-related health concerns. I look forward to a more in-depth exploration of these options in Kathryn's next book.

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