



Guide to Better Womans Health After Menopause

By Meenal Kumar & R Kumar

Deep & Deep, New Delhi, 2002. Hardbound. Condition: New. Contents: Foreword/Neeru Nanda. Preface. Introduction. 1. Woman's health and empowerment: not a mere slogan. 2. A major turning point: stop the hot flushes. 3. Management of menopausal clinic: tackle a public health problem. 4. Symptoms of menopause : mid life changes. 5. The two great bugbears: heart disease, bone fractures. 6. Cancers in menopausal zone: detect early, treat early. 7. Your beautiful skin: save it at menopause. 8. Hormone Replacement Therapy (HRT): a gateway of personal relief. 9. Alternative approaches to management: nutrition, exercises and herbs. 10. New attitudes, new needs: talking of sex or menses not a taboo? 11. Sex and sexuality after menopause: it is never too late. 12. Build a good support system: NGO and AMA can help. 13. Associated health problems at menopause: menopause does not provide immunity to any disease. 14. Frequently Asked Questions (FAQ): menopause and it's management aspects. Appendices : 1. National policy for the empowerment of women (2001). 2. Women's empowerment year 2001. 3. A debate about feminism and HRT. 4. Women Empowerment Project (WEP) in collaboration with IGNOU. 5. Alternative therapies for menopausal problems. 6. An Ayurvedic point of view the Maharishi Vedic...



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