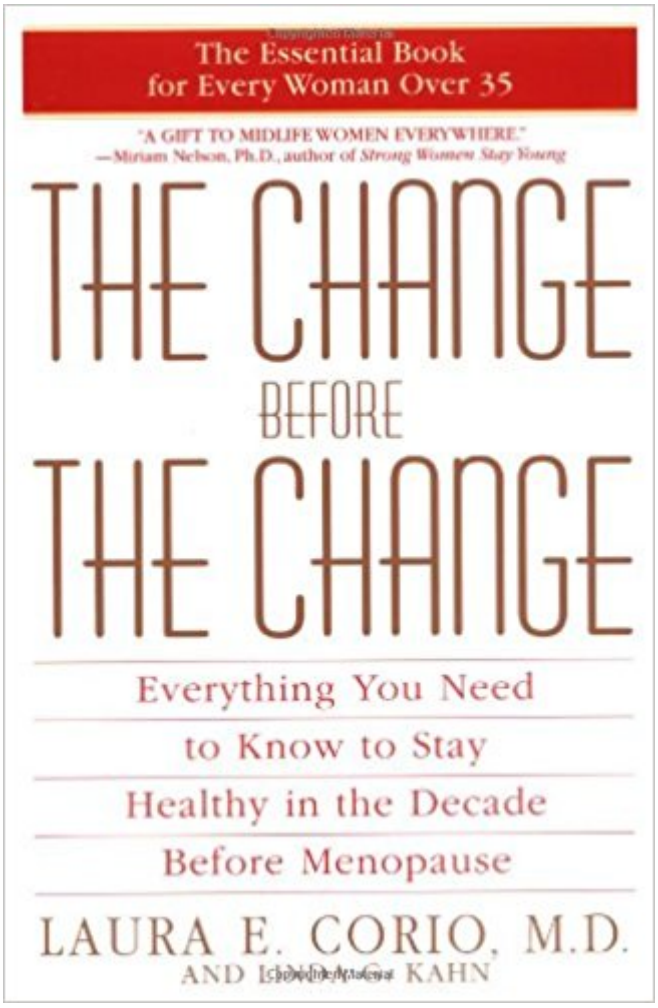
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The Change Before The Change: Everything You Need To Know To Stay Healthy In The Decade Before Menopause



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Synopsis

The Essential Book for Every Woman Over 35YouÃ¢â ¬â„¢re in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages?Women today canÃ¢â ¬â„¢t afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause Ã¢â ¬â • from mood swings and stubborn extra pounds to hot flashes and insomnia Ã¢â ¬â • that precedemenopause by as much as a decade.In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being:Ã¢â ¬Â¢ Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more womenÃ¢â ¬Â¢ Herbs, soy, and other alternative therapies that are backed by solid medical researchÃ¢â ¬Â¢ How perimenopause affects fertility Ã¢â ¬â • and what to do if you want to get pregnantÃ¢â ¬Â¢ How your skin, hair, and nails reflect deeper changes Ã¢â ¬â • and how to make them vibrant againÃ¢â ¬Â¢ Ways to combat cancer fears Ã¢â ¬â • and what tests you absolutely must haveÃ¢â ¬Â¢ Whether a high-protein diet is right for you Ã¢â ¬â • and what vitamins and minerals you should be takingÃ¢â ¬Â¢ What to do now to protect your breasts, uterus, bones, and heart in the years to comeÃ¢â ¬Â¢ Diet and exercises to prevent or minimize symptoms, and much more!

Book Information

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Customer Reviews

"There's no need to be a martyr!" insist the authors of The Change Before the Change: Everything You Need to Know to Stay Healthy in the Decade Before Menopause, ob-gyn Laura E. Corio and

health writer Linda G. Kahn. They wrote The Change for women, usually over 35, who have started experiencing some of the symptoms that indicate that menopause is approaching. This transition time, which can last for several years before menstrual periods stop, is called perimenopause. Symptoms may include "irregular bleeding, hot flashes, palpitations, mood swings, headaches, insomnia, memory loss, vaginal itching and dryness, lack of libido, dry skin and hair, weight gain." The Change documents how perimenopausal women can counter these symptoms by adding certain vitamins, minerals, herbs, and foods to their diet; making simple lifestyle changes; and using hormone preparations, including natural hormones and low-dose estrogen. At the same time, Corio and Kahn wisely stress that relief isn't a quick fix, but should be an ongoing collaboration between you and your doctor. "Your body is not a car that you simply take to the shop for a new set of spark plugs," they say. "It's a complicated, fascinating organism that should command your full interest and attention." The book covers the symptoms of perimenopause; changes in fertility; long-term health of the heart, breasts, reproductive organs, thyroid, and bones; and therapies including medical treatments, supplements, and herbs. Corio and Kahn don't tell you what to do if you're encountering perimenopausal symptoms; rather, they introduce you to your options, as if you were a patient asking for advice. Many case studies and anecdotes from Corio's own patients make The Change lively and involving. --Joan Price --This text refers to an out of print or unavailable edition of this title.

When Corio, attending physician at Mount Sinai Hospital and cohost of the radio show Women for Women, was in medical school two decades ago, gender-specific medicine barely existed. Today, it is commonplaceDa huge benefit to the 50 million women in America (a third of the female population) who are of perimenopausal or menopausal age. Notable for its clarity, comprehensiveness, and currency, this book describes the signs and effects of perimenopause and suggests treatment options, focusing on the use of vitamins, minerals, herbs, foods, phytoestrogrens, and hormone preparations, all largely of the "natural" variety. Dosages and caveats concerning the use of these products are given, and Corio emphasizes that her suggestions should not be implemented without consulting one's physician. But this is more than a book about perimenopause; its intent is optimization of overall health, and its discussion extends to bones, breasts, the heart, screening tests, etc. The narrative is peppered with interesting and pertinent case histories. This book should be helpful to women of a certain age and is highly recommended.DLinda M.G. Katz, Florence A. Moore Lib. of Medicine, MCP Hahnemann Univ., Philadelphia Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or

unavailable edition of this title.

When I first got it, I picked this book up and opened it at random. The very first section that I looked at was regarding the fact that the body changes the places where it stores fat as you age. I don't know about you other ladies out there, but it was extremely relevant to me. No wonder my belly has started to stick out, even though my exercise and lifestyle has stayed the same.The book covers not just the specific symptoms of menopause and perimenopause but it also includes an overall look at the changes in the female body during the years from about 35 to about 50. And apparently, there are a lot of them that I had no clue about.I wish someone had given me this book three years ago. It would have been nice to have a warning about what to expect and what to look out for as my hormones are starting to go whacko.It's weird that we don't find these things out until we've been struggling with our symptoms for months or years.If you know a woman in her early 30s, give her this book now. Not for her birthday or some other occasion. Just as an everyday gift. After all, you don't want to get punched in the eye. "Are you suggesting I have violent mood swings? I'll show you a violent swing..."But seriously, this is good information to have BEFORE you need it. Also, it wouldn't hurt if husbands read it too. It has lots of good information about WHY your woman is suddenly acting like a lunatic half the time.

This book was a very good primer about what to expect in perimenopause but did not really enlighten me much more than other articles or pieces I'd read. I would say it would be best for someone who has very little, if any familiarity, with what the menstrual cycle means (in terms of the hormones involved and how they change throughout the cycle, and as you age. It had some good basic info but probably needs to be revised to reflect current info since the publishing date is a bit old.

As an Labor and Delivery nurse, I have to get Continuing Educational Units for my license. This book was the text book for a at-home course. Anyway, knowing that I have some of the symptoms of perimenopause, I wanted to learn more about what I was going through and where it was all going. This book did all that and more.Excellently written for the lay person or professional. Covers symptoms, pathophysiology (what is going on in the body), what to expect, what to do about it.....and maybe what other physical problems may be occurring that are not related to perimenopause and could be misdiagnosed.The book made me giggle several times...."oh yeah, I am doing that...oh and that, too. You learn that you are not losing your mind, that it is all a natural

process and YES, you can do something about it to ease the journey.Actually, the woman’s body is pretty amazing. It goes through so many changes throughout life. Sure keeps life interesting...grin.So now I am purchasing the book for my friend...who ran out of the restaurant/bar the other night having a hot flash...she worries that something is not right...grin.I am sure this will help.

Excellent book, helped me a lot to handle the peri menopause. Every woman on their forties an up should read it.

Wonderful read for women experiencing perimenopause. Info on BHRT and supplements was very valuable!

This is a great book for those of us in perimenopause. It answers sooo many questions. My only complaint is that the author seems to be a bit full of herself and that gets to old - fast.

Have read alot of good info, so glad I got the book.. would recomend it to others.

This is actually the second copy of this book that I have purchased. I sent it to my sister. I have had my copy for several years and I can’t say enough about it. Dr. Laura Corio has been spot on, at least for me, with her suggestions throughout the book for treating the symptoms that plague women in the perimenopause phase. I am an avid believer in self help and preventative care. I have been utilizing Dr. Corio’s herbal suggestions for various symptoms and have had tremendous relief. The Change Before The Change is my go-to-book when I need answers to my ever changing body. Thank you Dr. Corio!

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