



The New Truth About Menopause: Straight Talk About Treatments and Choices from Two Leading Women Doctors

Carol Landau, Michele G. Cyr

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Nearly every month brings alarming new headlines about menopause and hormone therapy, leaving millions of women who were taking those hormones or planning to take them unsure of what to do next. Even their doctors don't always know: After all, for years the medical establishment had been saying that hormones protected women against heart attacks and Alzheimer's disease.

Now two distinguished leaders in the field have stepped forward to help women make sense of the latest findings. Drs. Landau and Cyr offer frank, expert advice for women who:

- *don't know whether to stop-or start--hormone therapy
- *are at risk for heart disease, osteoporosis, or breast cancer
- *suffer from disabling hot flashes or mood swings
- *want the facts on safe, effective alternatives to hormone treatment

From evaluating new research to assessing their risk factors and goals, this book helps women go beyond the headlines to take charge of their own well-being.

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