

1. Record Nr.	UNINA9910137120503321
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Titolo	Postmenopausal Endocrinology, An Issue of Endocrinology and Metabolism Clinics of North America [[electronic resource]]
Pubbl/distr/stampa	Saintt Louis, : Elsevier Health Sciences, 2015
ISBN	0-323-39562-7
Descrizione fisica	1 online resource (284 p.)
Collana	The Clinics: Internal Medicine ; ; v.44-3
Disciplina	612.63
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover image; Title page; Table of Contents; Copyright; Contributors; Consulting Editor; Editors; Authors; Forthcoming Issues; Forthcoming Issue; Recent Issues; Foreword: Postmenopausal Endocrinology; Preface: Menopause and Perimenopause; Erratum; Endocrinology of the Menopause; Key points; Reproductive function in normal women; Ovarian aging in women; Changes in the hypothalamus and pituitary with reproductive aging; Integration of hormonal changes with reproductive aging in women; Summary; Menopausal Symptoms and Their Management; Key points; Introduction The core 4 symptoms: vasomotor, vaginal, insomnia, and moodSummary; Bone Health and Osteoporosis; Key points; Introduction; Pathophysiology; Diagnosis and initial evaluation; Treatment; Summary; Surgical Menopause; Key points; Introduction; Current recommendations in low-risk premenopausal patients; Indications for oophorectomy in high-risk patients; Hormonal differences between natural menopause and surgical menopause; Adverse consequences of surgical menopause; Summary; Premature Menopause; Key points; Introduction; Symptoms; Diagnostic evaluation and tests; Differential diagnosis Progestogen regimensBreast cancer in animal models; Breast cancer and the Women's Health Initiative: postintervention clinical data; Tissue selective estrogen receptor complex and breast cancer; Alternatives to traditional menopausal hormone therapy and breast cancer risk; Summary; Menopause and Cancers; Key points; Introduction; Incidence;

Common cancers; Premature menopause and cancer; Sexual dysfunction; Future directions; Complementary and Alternative Approaches to Menopause; Key points; Introduction: why is complementary and alternative medicine so popular? Defining complementary and alternative medicine Complementary and alternative medicine and menopause; Botanicals commonly recommended for menopause; The phytoestrogens: soy, soy derivatives, and red clover extract; Soy-derived isoflavone isolates; Recommendations for soy, soy foods, soy extracts, and soy metabolites; The safety of soy; Other botanicals used for menopause (listed alphabetically); Botanicals: the bottom line; Sold does not mean safe: regulatory issues and botanic medicines; Bringing complementary and alternative medicine into a treatment plan; Menopause and Sexuality; Key points  
Introduction

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