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Titolo	Menopause matters [[electronic resource] ] : your guide to a long and healthy life // Julia Schlam Edelman
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	You and your doctor : the health alliance -- Handling hot flashes without hormones -- Taking hormones in menopause -- Heart disease : the risk of doing nothing -- Understanding unexpected bleeding -- Common concerns -- Smoother sex -- Compatible contraception -- Moods, memory, and mental health -- Successful sleep -- Better bones -- Lifestyle choices for living longer -- Curbing your risk of cancer -- Your doctor visit.