

1. Record Nr.	UNINA9910785594003321
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Titolo	What nurses know [[electronic resource] ] : menopause // Karen Roush
Pubbl/distr/stampa	New York, : DemosHealth, c2011
ISBN	1-282-96581-6 9786612965814 1-935281-83-6
Descrizione fisica	1 online resource (237 p.)
Collana	What nurses know
Disciplina	618.1/75
Soggetti	Menopause
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Menopause : an overview -- Just the facts please : what's happening and why -- Hot flashes and night sweats -- Sleep disturbances : how do I get some rest? -- Sexuality -- Bone health -- Hormone therapy : what we know now and what it means for you -- Using hormone therapy : the practicalities -- Health and harmony -- Being beautiful.
Sommario/riassunto	What Nurses Know Menopause sheds new light on this natural biological process and it's symptoms from a trusted source: nurses. What NursesKnow Menopause will reas-sure women that menopause isa natural and expected part of awoman's development. However,it will also show there are ways toreduce or eliminate some of thesymptoms of menopause. Thisbook provides woman the an-swerns they need and wantSpecial Features Include:Numerous call-out boxes withWhat Nurses Know Definitions of Common TermsHow to Protect Your Heartand BonesHow Menopause Can AffectYour SexualityAbout the SeriesNurses hold a criti