

Our Bodies Ourselves: Menopause



I wake up at least hourly during the night with sweats and chills and a little unfocused anxiety mixed in, and throughout the day I am constantly removing and re-donning garments. I'm dressed in a sleeveless shell while others are dressed in turtlenecks and wool sweaters. I carry a fan with me which attracts notice but when I am 'flashing' I am so agitated, that I don't care who notices what.

— A 41-year-old woman from Toronto

For years, *Our Bodies, Ourselves* has provided readers with indispensable information on women's health and sexuality. Now the book's authors, the nonprofit Boston Women's Health Book Collective, has brought the same knowledge and perspective to their new book, *Our Bodies, Ourselves: Menopause*. The book combines up-to-date medical information, anecdotes from a diverse group of women, and informed perspectives on the emerging health issues that affect women's lives.

Hot Topics:

- Female sexual “dysfunction” at midlife – myth or reality?
- How do commercial interests affect treatments for menopause?
- Is hormone treatment safe? And who should take it?
- What do women need to know about heart disease and osteoporosis?
- Are “natural” or bioidentical hormones better than synthetic hormones?
- Can herbs help with hot flashes or insomnia?

Also Included:

- Self-help and prevention strategies for managing the menopause transition.
- Complementary health practices and conventional medical treatments.
- The challenges for women who experience early or sudden menopause.
- How ageism, sexism, and the medicalization of menopause affect our experiences.

What Makes This Book Different

- Reflects the expertise of dozens of health care professionals, lay activists, and ordinary women.
- Based on the best, most up-to-date scientific evidence.
- Independent of commercial pressures; the organization producing the book does not take any money from pharmaceutical companies.
- Provides social, political, and economic context for individual women's experiences.

Contact: Anne Sweeney 617.451.3666 x10 anne@bwhbc.org