



# Menopause: Essentials: Expert And Practical Advice; Your Most Vital Questions Answered

*Dr. Heather Currie*

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*Dr. Heather Currie*

**Menopause: Essentials: Expert And Practical Advice; Your Most Vital Questions Answered** Dr.

Heather Currie

This Essentials book answers all the key questions asked about the menopause in succinct, accessible and up-to-date form. The menopause is an inevitable and natural part of every woman's life. Some sail through it with no problems at all. Most are not so lucky: two-thirds of women suffer from one of the characteristic symptoms, and one in five finds that it profoundly affects their mood and quality of life. This introductory guide answers 50 key questions asked by women going through the menopause and their families. It provides a summary of symptoms and treatments, and offers practical advice on living life with the menopause. There is a glossary at the end of this book.



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