



Estrogen: Is it Right for You? : a Thorough Factual Guide to Help You Decide (Paperback)

By Paula Dranov

SIMON SCHUSTER, United States, 1993. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Estrogen banishes hot flashes, offers protection against the crippling bone loss of osteoporosis, and there is convincing evidence it reduces the risk of heart disease. But recent studies show estrogen increases the risk of breast cancer. Do you have to choose between healthy bones and healthy breasts-- or can you protect both? Here is everything you need to know, including: The benefits and dangers of estrogen replacement therapy How to draw your own health profile and assess your particular risks The alternative to estrogen for easing menopausal woes Whether estrogen can invigorate a flagging sex drive The value, and the downside, of taking progestin along with estrogen-- and whether you should take progestin in cycles or continuously The different forms of estrogen-- including pill or patch-- and which suits your needs best The questions you should ask your doctor This indispensable guide is the only book to incorporate the latest studies on estrogen replacement therapy, objectively present the pros and cons, and provide you with all the facts you need to make an intelligent, informed decision.



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This book is worth getting. Yes, it really is enjoy, continue to an amazing and interesting literature. You can expect to like how the author publish this book.
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