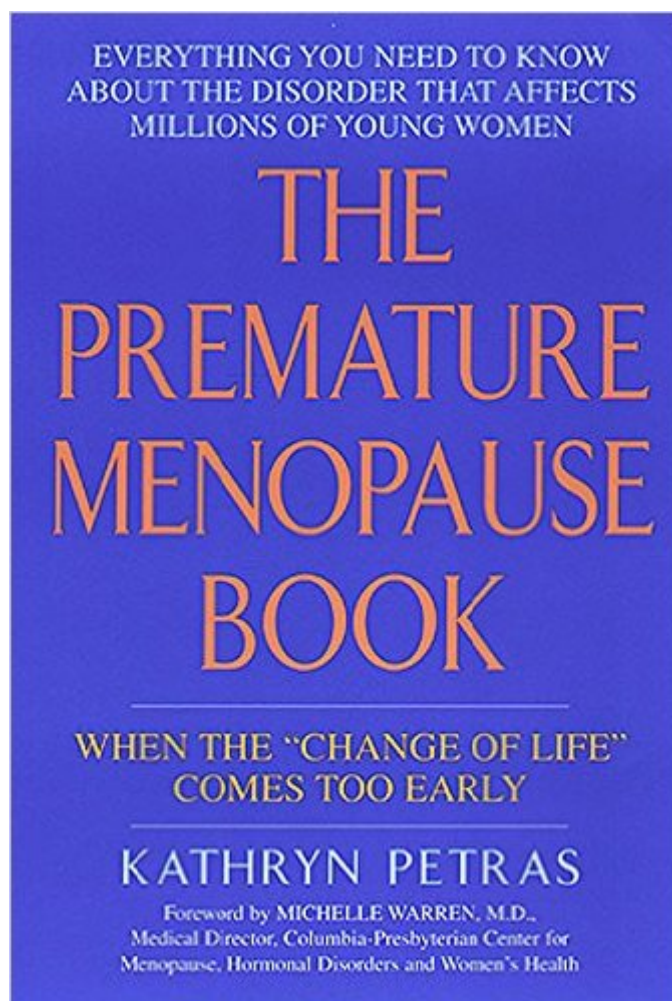


The book was found

# The Premature Menopause Book:: When The "change Of Life" Comes Too Early



## Synopsis

WHY NOW? WHY ME? Today, millions of women in their twenties and thirties, many of whom are just beginning to plan a family, are receiving the shocking news that their reproductive years are already over. They are in premature menopause -- menopause years before its time. Whether due to an autoimmune disorder, surgery, chemotherapy, radiation, or the often undiagnosed condition known as Premature Ovarian Failure (POF), premature menopause is common, increasing -- and almost always traumatic. If you are one of the women experiencing early menopause, you have hundreds of questions, but have probably found few answers...until now. The Premature Menopause Book is the first book focusing on this difficult transition -- written by a woman who faced the same questions: What can I do about it? Do I need hormones? How can I have a baby despite this condition? How can I feel like "me" again? The Premature Menopause Book provides the latest information on health and emotional issues, explores all of your options, lists resources, websites and support groups, shares the experiences and advice of women going through this experience, answers frequently asked questions and offers the support and understanding you need.

## Book Information

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## Customer Reviews

Kathryn Petras' book The Premature Menopause Book is the only book out on book shelves that deals with this very important topic. As the founder and creator of HotFlash! the perimenopause/menopause web site and online support group I have interviewed Kathy and read her book. Her compassion and breath of knowledge is incredible. She has helped literally thousands

of women through her book and drive to make this once unknown health challenge get the attention it deserves. In dealing with the media and in consulting with women, I have found that women AND men want to know all they can about perimenopause and menopause. While folks are still catching up on what menopause means to the average woman, Kathy has broken ground in talking about the health challenges, emotional struggles, and the reality of hitting menopause, (which traditionally occurs at age 51) while still being thirty or even twenty. Doctors are finding more and more women, each day, are in early or premature menopause. Thankfully Kathryn Petras has written a compassionate and informative book to help all women who are faced with a premature menopause.

"The Premature Menopause Book: When The Change Comes Too Early", should be the FIRST book you read if given the diagnosis of POF (or premature menopause). After my diagnosis of POF, I read any and all material I could find on menopause. All they did was confuse me! These other books were written for women in their late 40's to late 50's. I am 36! "The Premature Menopause Book: When The Change Comes To Early", is wonderful. It answers alot of questions and gives you support! I read this book before I went to my doctor to talk about HRT (hormone replacement therapy). I'm glad I did. I was better able to understand what my doctor was talking about, and I feel, make better decisions about HRT than if I had not read this book. I can't say enough about it. BUY IT!

I am 34 and was diagnosed with Premature Medipause two weeks before I finally found this book. That was two weeks of Hell! I was depressed, confused and an emotional mess. I cried all the time. I thought I was going insane. Then I got this book. It truly explains not just the medical and physical traits of this condition, it also goes into the feeling of unexplainable loss. I felt like someone truly understood how I felt. The short statements from many other women with this rare condition were so helpful for me. These feeling are so hard to explain to family or friend. Thank you so much for writing this book.

I was so relieved to find this book I am 33 and have been in chemotherapy induced menopause since I was 25! I was never able to find any information about menopause for someone my age until now. After reading this book and discussing the issues with my physician, she was more than willing to make changes to my hormone replacement therapy, but she had never mentioned there were any other options besides premarin and provera before. If I hadn't read this book, I would have

never known what to ask! Thanks again, Kathy! You are a blessing!

For me POF means Plan On Fighting, and Kathryn P. is doing just that by putting together an excellent resource. I especially appreciated her mention of herbal remedies and nutritional recommendations, since such remedies have contributed to reclaiming my own fertility. I would've liked to have seen a more in-depth exploration of the factors responsible for bringing on early menopausal symptoms. Many of the women I have worked with in the last six years, have been able to reverse their diagnosis, and give birth to healthy children, after addressing the issues that initially triggered the problem. Some of these triggers were infectious diseases, environmental toxins, nutritional deficiencies, unresolved emotional traumas, etc. Although there is no guarantee that nutritional adjustments, lifestyle changes etc. will help us create a pregnancy there is overwhelming evidence that they will strengthen our bodies and ward off POF-related health concerns. I look forward to a more in-depth exploration of these options in Kathryn's next book.

I was in shock last night upon seeing your book written up in Newsday. I have looked at dozens of books on menopause/perimenopause and have only seen 1 page at maximum on this subject. I was just diagnosed with early menopause at 42. My husband and I were trying to conceive with our first child. This diagnosis was heartbreaking, overwhelming, etc.. I have seen related web sites but nothing specifically on early menopause which I have heard is different than premature ovarian failure. I will try to get the book today. Kathryn I applaud you for offering a book on this subject which needs so much attention. I will visit your web site and would love to get involved with any future support group. Sandy

I recently got the shocking news that I was going through menopause (at age 32) -- the grief and anger were just overwhelming. This book told me everything I needed to know and plenty of stuff my doctor needed to know. But most of all it made me feel like I wasn't alone.

I was diagnosed with premature menopause (POF) and couldn't find any information...until this book. I read it cover to cover immediately. This is such a great source of information and comfort. It's about time!

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