

Contents

<i>About the authors</i>	vii
<i>Foreword</i>	x
<i>Preface</i>	xi
1 Physiology and definitions	1
2 Menopausal symptoms	11
3 Long-term health conditions affecting postmenopausal health	16
4 Assessment and investigation	31
5 Promoting a healthy lifestyle	42
6 Maintaining sexual health and contraception	53
7 Estrogen-based therapies	66
8 Benefits and risks of hormone replacement therapy	82
9 Non-estrogen-based therapies for menopausal symptoms	100
10 Complementary and alternative therapy choices for menopausal symptoms	105
11 Osteoporosis prevention and treatment	113
12 Premature ovarian insufficiency	130
13 Women with comorbidities	141
14 Women with an increased risk of malignancy or previous malignancy	157

Appendix: Resources	171
<i>Index</i>	172