



Manual of Management Counseling for the Perimenopausal and Menopausal Patient: A Clinician's Guide

Mary Jane Minkin, Karen L. Giblin

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The announcement of the premature end of the Women's Health Initiative (WHI) study by the NIH in July 2002 astounded women and health care professionals across the board. Putting the WHI data into perspective, *Manual of Management Counseling for the Perimenopausal and Menopausal Patient* supplies guidelines to healthcare practitioners for the care of women in the post WHI era. The authors present a balanced description of how misconceptions about these trials came about and clarify what the results mean. They explore how to respond to the questions and concerns of the women who are caught in the midst of this confusion.

Taking a direct and user-friendly approach, the book covers testing for post menopausal health problems such as osteoporosis and heart disease. It contains discussions of hormonal and nonhormonal medical approaches, including complementary and alternative choices, for symptom relief and maintenance of optimum post menopausal health. Containing case studies and patient questionnaires, *Manual of Management Counseling for the Perimenopausal and Menopausal Patient: A Clinician's Guide* provides a blueprint for answering patients' questions and developing a responsible course of treatment.

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