

CONTENTS

A word to begin with	1
Preface to the third edition	3
Change of life – a turning point in the biography	5
Stick with the old or take up new opportunities?	6
Rhythms in the biography	6
The change as a process of shedding one's skin	8
The change – a departure	13
The menstrual cycle	14
The role played by hormones	15
Changes in the menstrual cycle during the climacteric	16
Hormonal balance fluctuates	18
Changes in hormonal balance	19
Loss of fertility	20
Contraception during the change	22
Methods of determining the cycle	22
Mechanical devices	22
The pill (ovulation inhibitor)	23
Vaginal ring (NuvaRing)	23
Transdermal patch	23
Subdermal implants	24
Progestin injection	24
Spiral intrauterine device (IUD)	24
Hormone-releasing IUD	25
Sterilization, tubal ligation	25
Partnership and sexuality	26
A different person	28
General problems and how to relieve them	31
Going through the change does not mean that you are ill	32
When the body loses its rhythm	32
Hot flushes	33

CONTENTS

Cardiovascular problems	35
Sleep disorders	37
Irregular bleeding	39
Pain in the joints	40
Skin and hair	41
Weight and figure	44
Specific health problems	47
Osteoporosis	48
What is osteoporosis?	48
Healthy bone	48
When are the changes pathological?	51
Can the condition be diagnosed early?	51
How is the diagnosis made?	52
How can loss of bone mass be prevented?	54
Treatment of osteoporosis	57
High blood pressure, myocardial infarction, stroke	59
Stress as a 'risk factor'	63
What can I do to gain in strength?	64
Prevention of cardiovascular disease	65
Cancer – a matter for concern as we get older	65
What is cancer?	66
Breast cancer	67
Methods of early diagnosis	68
Uterine cancer	72
Cervical cancer	73
Ovarian cancer	74
Colorectal cancer	75
Fibroids, polyps, growths	75
Pelvic relaxation syndromes	77
Stress incontinence	78
Urge incontinence	78
Combined stress and urge incontinence	78
Treatment of incontinence	78
'... but what about my sex life?'	84
Low spirits (depression)	84
Possibilities for treatment	87
Prevention using personal initiative and self-help	88

CONTENTS

Diet	89
Exercise	95
Non-conventional approaches	96
Homoeopathic treatment	97
Phytotherapy (herbal medicine)	98
Other natural methods	100
Anthroposophical medicine	100
HRT	102
What hormone preparations are available?	104
Tablets	104
Patches	105
Gel	105
Spray	105
Creams and suppositories	105
Injections	106
Side effects	106
HRT when all else fails?	107
Hot flushes	107
Joint pain	108
Problems with skin and hair	108
Partnership and sexuality	108
Dysfunctional uterine bleeding	108
Frequently asked questions on hormone therapy	109
Setting out for new horizons	113
Preparation	114
Transformation	114
New horizons	115
Appendix	117
Making teas and extracts	118
List of medicinal agents and products containing them	119
Useful addresses	123
Further Reading	123
Index	125