



## Understanding Menopause & HRT (Revised edition)

By Anne MacGregor

Family Doctor Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Understanding Menopause & HRT (Revised edition), Anne MacGregor, An invaluable guide for every woman seeking to take charge of her own body at a time of critical change. Many women approaching the 'change of life' fear the upsets and disturbances. Others look forward to new-found freedoms. Most women adjust to the menopause easily, but still need to know what is happening and how to cope. For many women hormone replacement therapy is the answer; for others it is not. Dr Anne MacGregor explains the hormonal changes which cause the menopause and clearly sets out the pros and cons of HRT.



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