

Menopause practice

A clinician's guide, 4th edition

AUTHOR The North American Menopause Society (NAMS)

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bers; \$99 (US) for non-members



OVERALL RATING Excellent
STRENGTHS A thorough, up-to-date review of knowledge about the clinical management of menopause-associated symptoms and diseases later in life that are associated with diminished hormones and aging
WEAKNESSES None
AUDIENCE Family physicians, nurses, and allied health

professionals caring for perimenopausal and postmenopausal women

Since the publication of the first report of the Women's Health Initiative in 2002, practitioners and patients have been overwhelmed with the application of the data and how they pertain to the care of the target audience: perimenopausal and postmenopausal women. The strength of this book is the distinguished group of academicians who have thoughtfully provided an up-to-date, concise review of the literature in this area.

The textbook helps its readers to understand the correct terminology for menopause-related conditions and treatments. It differentiates between normal physical, hormonal, and emotional changes around the time of menopause and the pathologic and physiologic conditions and effects related to aging. In addition, the book calls for a review in determining risk factors for common midlife-and-beyond diseases such as osteoporosis, cardiovascular disease, cancer, and diabetes.

For practitioners of women's health, this book is a must, as it summarizes the current research about the use of complimentary and alternative medicine treatments, and outlines counseling strategies that lead to positive lifestyle changes. The chapters on nonprescription therapies and prescription hormonal therapies help the reader to wade through the data and obtain practice pearls to use in everyday management strategies.

Written by The North American Menopause Society (NAMS), the book is independent and objective in all its educational offerings. A companion book aimed at consumers, *The Menopause Guidebook, 7th edition*, is also available through the NAMS website for a fee of \$10 (US).

The book is a good read and an excellent reference to have on hand. For those preparing to become NAMS Certified Menopause Practitioners, the book is excellent study material for the examination.

—Marla Shapiro MHSc FRCP FCFP NCMP

Competing interests

Dr Shapiro is a member of the board of trustees of NAMS. She does not benefit financially from or have any personal investment in this book.

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We invite you to submit book reviews for publication in *Canadian Family Physician*. Please e-mail books@cfpc.ca for more information.

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