

# Managing the Menopause Without Oestrogen

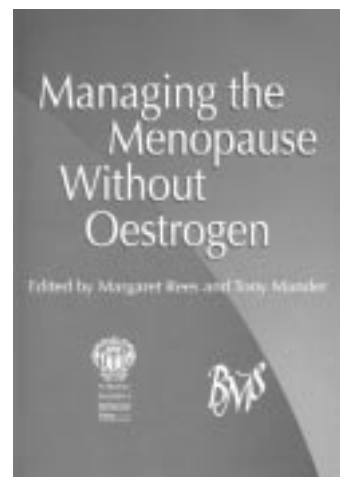
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Several large key publications in the last few years have greatly added to our knowledge of the benefits and risks of hormone replacement therapy (HRT). As a consequence, management of the menopause has been in a state of mass confusion and the indications for prescribing HRT have almost totally changed. Alternative strategies are therefore urgently required to manage the conditions which were traditionally treated with oestrogen.

This book takes a wide-ranging and holistic view of the issues. It is divided into sections on medical and non-medical alternatives. The medical alternatives are generally helpful options although the book does not spell out that using many of these drugs in this way is an unlicensed indication. Many readers may be surprised to discover that selective serotonin receptor uptake inhibitors are now being used for treatment of vasomotor symptoms and that testosterone has a role in the management of sexual dysfunction in women.

The medical establishment is often criticised for not taking alternative and complementary medicine seriously. The various herbal and homeopathic menopausal treatments are fully covered in this book and the overall approach is of informing the reader of possible options whilst reviewing what scientific data on them exists. For example, there is a good table which reviews the published literature on human intervention studies relating to phytoestrogens and bone health. Diet and exercise feature strongly as strategies for improving health and well-being.

Overall, this will be a helpful book for those working in primary care. Menopausal medicine touches many other disciplines too and, for example, this book would also be of value for those counselling women following breast cancer with menopausal symptoms. It is compact in size, concise in style and inexpensive. It is written by individuals who look after women and can scrutinise scientific data. The book is a world apart from the mumbo-jumbo that appears in women's magazines and in the lay press on alternative menopausal treatments.