



What Nurses Know...Menopause

Karen Roush RN

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Menopause, the end of menstruation and fertility, is a natural biological process, not a medical condition. Even so, the physical and emotional symptoms of menopause can disrupt a women's life and require treatment if severe.

Very often, women arrive at their menopause years without knowing anything what they might expect, or when or how the process starts and how long it may last. Many women have not been informed about this stage of life, in the US it may often be the case that physicians, older female family members or members of a women's social group have provided no insight or information. With confusion over the risks of estrogen therapy, the proliferation of alternative therapies, concerns about osteoporosis and heart disease, and questions about sexual health, the need for clear useful information is endless.

What Nurses Know...Menopause sheds new light on this natural biological process and its symptoms from a trusted source: nurses. Simply organized and clearly written *What Nurses Know...Menopause* provides individuals, their families, friends, and healthcare practitioners the answers they need and want.

Special Features Include:

- Numerous sidebars and call out boxes with "Nurse Notes" and "New Nursing Research Points to..."
- Definitions of Common Terms
- Resources, online tools and specific websites at the end of chapter to help those going through menopause

About the Series

Nurses hold a critical role in modern health care that goes beyond their day-to-day duties. They share more information with patients than any other provider group, and are alongside patients twenty-four hours a day, seven days a week, offering understanding of complex health issues, holistic approaches to ailments, and advice for the patient that extends to the family.

Nurses themselves are a powerful tool in the healing process. *What Nurses Know* gives down-to-earth information, addresses consumers as equal partners in their care, and explains clearly what readers need to know and wants to know to understand their condition and move forward with their lives.

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