Sheds new light on this natural biological process and its symptoms from a trusted source: nurses.

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.

Simply organized and clearly written What Nurses Know...Menopause provides individuals, their families, friends, and healthcare practitioners the answers they need and want.