

Index

• A •

- abnormal elastin, 110. *See also* elastin
- ACE (angiotensin-converting enzyme)
 - inhibitors, 237
- ACS (American Cancer Society), 175
- Actonel (risedronate), 236
- acupuncture, 233
- Adamec, Christine (*Fibromyalgia For Dummies*), 202
- aerobic activity, 267–268, 281
- African-American women
 - bone density/osteoporosis in, 56, 64, 66, 67
 - breast cancer risk, 179
 - heart attack risk, 89
 - hypertension, 90
 - overweight, 92
- AHG (American Herbalist Guild), 228
- alcohol
 - bone density, effects on, 57, 59, 63, 70
 - brain function, effects on, 136
 - breast cancer risk, effects on, 180, 253
 - calories in, 257
 - cardiovascular system, effects on, 180
 - gender, differing effects by, 91
 - hot flashes, effects on, 39, 253
 - menopausal symptoms, effects on, 253, 304
 - sex, effects on, 122
 - use of, 99
- alcohol dehydrogenase, 91
- alendronate (Fosamax), 68, 236
- alpha-hydroxy creams, 110
- alternative therapies. *See also* herbal remedies
 - acceptance of, 226
 - acupuncture, 233
 - alternatives to HT, 39–40, 145
 - for anxiety, 138, 234, 238
 - biofeedback, 105, 138, 234
 - for bone health, 235–236
 - for depression, 138, 234, 238
 - effectiveness, 220
 - for emotional challenges, 138
 - for heart disease, 238
 - for irritability, 234
 - for mood swings, 39
 - for osteoporosis, 235–236, 274–281, 305
 - relaxation techniques, 90, 138, 220
 - for stress, 234
 - use, options for, 225–226
 - yoga, 234, 268, 270, 316–317
- Alzheimer's disease, 47, 134, 207, 208. *See also* dementia
- amenorrhea, 68, 300
- American Cancer Society (ACS), 175
- American Herbalist Guild (AHG), 228
- analgesics, 65, 103, 230, 237
- androgens, 25, 117. *See also* DHEA; testosterone
- andropause, 23
- angina, 87–88, 170
- angiotensin-converting enzyme (ACE)
 - inhibitors, 237
- anorexia, 68, 300
- antidepressant medications, 103, 122, 138, 231
- antihistamines, 103
- antioxidants, 85, 136, 180, 249

- anxiety
 - alternative therapies, 138, 234, 238
 - causes, 43, 45–47, 51, 137–138, 148
 - drug therapies, 138
 - exercise, 262, 264
 - getting help with, 119
 - herbal remedies, 228, 231, 232, 233
 - hormone therapy for, 210, 220
 - hypertension, effect on, 90
 - problems caused by, 50, 238
 - symptoms, 137
 - timing of, 136
 - Archer, Shirley (*Weight Training For Dummies*), 314
 - Aredia (pamedronate), 236
 - aromatase inhibitors, 182
 - arrhythmia, 88, 89, 230
 - arteriosclerosis, 237, 254, 263, 264. *See also*
 - coronary artery disease
 - Ashkenazi Jews
 - breast cancer risk in, 179
 - ovarian cancer risk in, 195
 - ashwagandha, 230
 - Asian women
 - bone density/osteoporosis in, 56, 64, 67, 213
 - breast cancer risk, 179
 - aspirin, 65, 230, 237
 - Astroglide, 235
 - atherosclerosis, 237, 254, 263, 264. *See also*
 - coronary artery disease
 - atrophic vaginitis. *See* vaginal atrophy
 - attention span, shortened. *See* cognitive impairment
 - autoimmune disorders, 300. *See also* lupus
- B •**
- bacterial vaginosis, 98, 123
 - balance boards, 281
 - balance, exercises for, 280–281
 - baldfness, 113
 - balls, fitness, 280
 - barium enema, 188
 - beauty products, 109–110, 112
 - berries, 321
 - bicycling program, 316
 - bile, 82, 202, 203
 - bile duct, 203
 - biofeedback, 105, 138, 234
 - biopsy test for breast cancer, 181
 - birth control, continuing to use,
 - 117, 118, 124
 - birth control pills and cancer risk, 193, 194
 - birth defects, 127
 - bisphosphonates, 236
 - black cohosh, 230
 - bladder infection, 100, 101–102
 - bleeding, herbal remedies for heavy, 228
 - bleeding, irregular, 303
 - blood clotting
 - estrogen, effects on, 80
 - herbal remedies affecting, 223, 230, 231
 - blood clotting disorders. *See also* deep vein thrombosis; pulmonary embolism
 - diet, effect on, 169
 - drug therapies, 237
 - hormone therapy, 39, 147, 171, 198–199, 214
 - risk factors, 147
 - types, 168–169
 - blood flow, 80
 - blood pressure, 80, 86. *See also*
 - hypertension
 - blood test for menopause, 306
 - blood thinners, 230, 231, 237
 - blood-glucose test, fasting, 310
 - blueberries, 321
 - Blumenthal, Mark (*The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines*), 228
 - BMD (bone mineral density) test, 73
 - body fat, 23, 255, 256
 - Body Mass Index (BMI), 255, 256

- body-temperature control, 28. *See also* hot flashes; night sweats
- bone density testing, 73–75, 309
- bone mineral density (BMD) test, 73
- bones. *See also* osteoporosis
- alternative therapies, 235–236
 - building, 56–60, 69, 70–71, 152, 235
 - estrogen, effects on, 58, 63, 67–68
 - fractures, 64–65, 152
 - gender differences, 56
 - loss of, 58–59, 61, 67–71, 77–78, 235–236
 - loss of dental, 65, 236
 - peak density, 56–57
 - protecting, 39
 - racial differences, 56, 64, 66, 67, 213
- Boniva (ibandronate sodium), 236
- botox, 110
- BRCA1/BRCA2 genetic mutations, 179, 195
- breast cancer
- described, 173, 174
 - detecting, 175–176
 - diagnosis, 181
 - estrogen cream, 121
 - estrogen's role, 176–177
 - genetic mutations, 179, 195
 - herbal remedies, cautions, 230
 - hormone therapy, benefits, 151–152, 177–178, 181–183
 - hormone therapy, risks of combination, 39, 78, 151, 177–178, 214
 - hormone therapy, risks of unopposed, 39, 147, 177–178
 - metastasizing, 175
 - racial differences, 179
 - risk factors, 177, 178–181
 - survival rate, 176
 - symptoms, 175
 - treatment and bone loss, 69
 - triggers, 174
 - types, common, 174–175, 181
- Breast Cancer For Dummies* (Elk and Morrow), 176
- breasts
- fibrocystic condition, 180
 - non-cancerous lumps, 176
 - self-examination, 175
 - structure, 173–174
- bulimia, 68
- C ●
- CA125 antigen, 193–194
- CAD (coronary artery disease), 85, 87, 88, 166, 168
- caffeine, 72, 245
- calcitonin, 236
- calcium
- absorption, estrogen's role in, 58, 60
 - absorption, nutrients required for, 58–59, 60, 71, 72–73, 252
 - absorption, substances inhibiting, 68, 71, 245
 - absorption, surgeries affecting, 69
 - bone building process, 57, 58–60, 70
 - calcitonin, effect of, 236
 - functions, 58
 - heart disease, role in, 86, 87, 264
 - importance, 58, 71, 251, 253
 - loss, diets promoting, 72
 - loss, substances promoting, 69, 72
 - osteoporosis, treatment/prevention, 76, 235, 303, 305
 - requirements, 58, 71, 251
 - shortage, results of, 59
 - sources, 71, 72, 251–252
 - types, 71, 251
- calories, determining correct number, 257
- cancer. *See also* breast cancer; endometrial cancer
- cervical, 196
 - colorectal, 185–189, 213, 265, 308
 - estrogen creams, effect of, 99, 121, 154
 - malignant, 174
 - metastasized, 175, 213

- cancer (*continued*)
 - ovarian, 179, 193–195
 - skin, 111, 112
 - vulvar, 195–196
- caps, silicone, 105
- carbohydrates, 245–246
- carcinogens, 174
- cardiovascular disease (CVD). *See* heart disease
- cardiovascular system, 80–81
- CAT (computerized axial tomography)
 - scans, 75, 194
- Caucasian women
 - bone density/osteoporosis in, 56, 64, 66, 67, 213
 - breast cancer risk, 179
 - heart attack risk, 89
 - hypertension, 90
 - overweight, 92
- cervical cancer, 196
- chaste tree, 232
- chemotherapy, 13, 32, 33, 113, 183, 300
- cholesterol. *See also* HDL; LDL
 - controlling, 93, 263
 - described, 80–84
 - in diet, 253
 - estrogen, effects of, 80, 84–85, 162, 168, 203, 216
 - heart, effects on, 85–86
 - hormone therapy, risks/benefits, 215–216
 - obesity, relationship with, 84
 - screening test, 309
 - testosterone, effects of, 163
 - triglycerides, 84, 162, 163, 216
- cholesterol profile, 83
- chromosomal abnormalities, fetal, 127
- clotting, blood. *See* blood clotting
- clotting disorders, blood. *See* blood clotting disorders
- clover, red, 231–232
- cocaine, 92
- coffee, 72, 99
- cognitive impairment. *See also* memory, loss of
 - causes, 28, 207
 - dementia, differences from, 207
 - described, 207
 - fuzzy thinking, 48, 51, 133–134
 - herbal remedies, 229, 231
 - hormone therapy, effects of, 207–208
 - mental focus, 28, 231
 - preventing, 265
- collagen
 - incontinence, treatment with, 100, 105
 - skin, 108, 109, 110, 111
- colonoscopy, 188, 308
- colorectal cancer, 185–189, 213, 265, 308
- combination hormone therapy
 - benefits, 212–213
 - breast cancer risk, 177–178, 214
 - cardiovascular disease, effects on, 164, 168, 171, 210, 216
 - clotting disorder risk, 214
 - cognitive impairment risk, 134
 - dementia risk, 47, 214
 - described, 149–151, 158–159
 - differences, individual, 38
 - endometrial cancer risk, 145, 158–159
 - osteoporosis risk, 78
 - risks, generally, 151, 214, 218
- The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines* (Blumenthal), 228
- compounding pharmacies, 155
- compression fractures, 64
- computerized axial tomography (CAT)
 - scans, 75, 194
- condoms, use with lubricants, 99, 123, 155
- conjugated equine estrogen, 157, 158–159
- continuous combination therapy, 150–151, 160
- contraception, continuing to use, 117, 118, 124
- control, heart disease and feeling of, 93

Controlling Cholesterol For Dummies

(Rinzler and Graf), 84

cool-down exercise activities, 206, 268, 269, 270, 271

coronary artery disease (CAD), 85, 87, 88, 166, 168

corpus luteum, 21, 22

cortical bone loss, 59

corticosteroids and bone loss, 68

cosmetics, 109–110, 112

Coumadin, 230, 237

cranberries/cranberry juice, 102, 321

creams

alpha-hydroxy, 110

hormone, 99, 121, 123, 154–155

retinoid, 110

wrinkle-preventing, 110

crises, dealing with, 294

CT scans, 75, 194

Cuban-American women, hypertension
in, 90

CVD (cardiovascular disease). *See* heart
disease

cyclic combination therapy, 12, 149, 160

cycling program, 316

cystitis, 101. *See also* interstitial cystitis



D&C (dilation and curettage), 191

DCIS (ductal carcinoma *in situ*), 174

death, dealing with, 294

deep vein thrombosis (DVT), 162,
197–199, 214

dehydroepiandrosterone (DHEA), 25, 26, 38

dementia

hormone therapy, effects of, 47, 51,
134–135, 151, 207–208, 214

preventing, 136

dental bone loss, 65, 236

depression

alternative therapies, 138, 234, 238

bone density, relationship with, 136–137

causes, 24, 51, 132, 136–137, 201, 203

drug therapies, 138

estrogen, relationship with, 51, 136–137

exercise, 262, 264

getting help with, 119, 133, 138, 305

herbal remedies, 228, 230, 231, 232

hysterectomies, in women with, 51

identifying, 131–133

occurrence rate, 46, 51, 138, 305

timing of, 136

DES, 196

DEXA (dual energy x-ray absorptiometry)
bone density test, 74–75

DHEA (dehydroepiandrosterone), 25, 26, 38

diabetes

bone density, relationship, 77

described, 199

diagnosis, 310

heart disease, 92

hormone therapy, risks/benefits, 163,
200–201

menopause, effects on, 255

preventing, 265

sex, effects on, 122

symptoms, 200

types, 200

weight, relationship, 256

diet

benefits of healthy, 242

calories, determining correct, 242

carbohydrates, 245–246

cholesterol, minimizing, 253

excessive consumption, 122

fats, 247–248

fruits/vegetables, 243, 253

for health maintenance, 249–250

importance, 241

meal timing, 248, 249

nutrients, getting sufficient, 244–245

plant-based, 248

protein, 246–247

soy, adding, 250, 319

diets, weight-loss, 258
 digital rectal exam, 308
 dilation and curettage (D&C), 191
 diuretics, 69, 238, 245
 diverticulitis, 249
 divorce, 123
 doctors. *See* medical care
 domestic violence, 288
 dong quai, 230
 dowager's hump, 59, 64, 303. *See also*
 osteoporosis
 dual energy x-ray absorptiometry (DEXA)
 bone density test, 74–75
 dual photon absorptiometry (DPA) test, 75
 ductal carcinoma *in situ* (DCIS), 174
 ducts, breast, 173–174
 DVT (deep vein thrombosis), 162,
 197–199, 214

● E ●

E1 (estrone), 21, 23, 24, 126, 157
 E2 (estradiol). *See* estradiol
 E3 (estriol), 21, 23, 24, 157
 early menopause. *See* induced menopause;
 premature menopause
 eating. *See* diet
 eating disorders, 68
 elastin, 108, 110
 electrocardiogram (EKG), 311
 Elk, Ronit (*Breast Cancer For Dummies*), 176
 elliptical training, 315
 emotional challenges. *See also specific*
 issues (e.g. depression, anxiety)
 alternative therapies, 138
 common, 46–48, 50–51
 differences, individual, 129
 help, seeking, 35, 130–131
 physical causes, 138
 psychological disorders, differentiating,
 131
 emotional swings, 28, 39, 46, 138
 endometrial aspiration, 191
 endometrial cancer
 combination hormone therapy, effects of,
 149–150, 158–159, 163
 described, 189–190
 diagnosis, 191
 estrogen creams, effects of, 99, 154
 herbal remedies, effects of, 229
 hormone therapy, risks, 163, 192
 prevention, 36, 147, 190, 192
 rings, effects of hormone therapy, 155
 risk factors, 145, 192–193
 SERM hormone therapy, effects of,
 152, 153
 unopposed estrogen therapy, effects of,
 144, 147, 148, 192
 endometriosis medications and bone
 loss, 69
 endorphins, 44, 45, 46–47, 262
 ephedra, 233
 equilin, 157
 ERDs (estrogen receptor down-
 regulators), 182
 erections, psychogenic, 121
 ERT (estrogen replacement therapy). *See*
 hormone therapy
 esterified estrogen, 157
 estradiol (E2). *See also* estrogen
 cholesterol, effects on, 84–85
 described, 21, 23–24, 157
 fertility, 126
 functions, 35, 80
 levels reflecting menopause, 310
 lowered levels, effects of, 45, 109
 estriol (E3), 21, 23, 24, 157
 estrogen. *See also* hormone therapy
 blood clotting, effects on, 80
 bone density, effects on, 58, 63, 67–68
 breast cancer, role in, 176–177
 calcium absorption, effects on, 58, 60
 cholesterol, effects on, 80, 84–85, 162,
 168, 203, 216

- depression, relationship with, 51, 136–137
- diminished, problems caused by, 15–16, 29
- functions, 1, 15, 28, 60, 80
- gallstones, effects on, 203
- heart benefits, 162
- memory loss, effects on, 130, 133, 146
- menopause, changes at, 12
- menopause, link to, 1
- mental function, effects on, 47, 133
- mood swings, effects on, 44, 46, 148
- pregnancy, created during, 21, 23, 24, 157
- production of, 11, 12, 18–19, 20–24, 67–68
- serotonin, relationship with, 42, 44, 46, 51, 138
- sex drive, effects on, 120
- side effects, 162
- sources, 156–158
- testosterone, balancing levels with, 120
- types, 5, 21, 23–24
- estrogen cream, 99, 121, 123, 154–155
- estrogen receptor down-regulators (ERDs), 182
- estrogen replacement therapy (ERT). *See* hormone therapy
- estrogen-alone therapy (ET). *See* unopposed estrogen therapy
- estrone (E1), 21, 23, 24, 126, 157
- estropipate, 157
- ET (estrogen-alone therapy). *See* unopposed estrogen therapy
- Evista (Raloxifene), 151–153, 182, 236
- exercise
- for balance, 280–281
 - benefits, 261–265, 305
 - bone building/loss, 70–71, 235
 - breast cancer risk, 180
 - for cardiovascular health, 281–282
 - cooling down, 206, 268, 269, 270, 271
 - equipment for, 280–281
 - excessive, 68, 71
 - intensity, calculating, 269, 282
 - lack of, 92–93
 - mental fitness, effects on, 135
 - for osteoporosis, 274–281
 - planning, 266, 267–268, 270, 313
 - scheduling, 267, 268–269
 - statistics, 261
 - stretching, 264, 268, 270, 272–274
 - warming up, 260, 268, 269, 270, 271
- exercise programs
- core strength training, 313–314
 - cycling, 316
 - elliptical training, 315
 - Pilates, 268, 270, 317
 - running, 315
 - swimming, 315
 - t'ai chi, 317
 - walking, 263, 275, 282–283, 314–315
 - water aerobics, 317
 - yoga, 234, 268, 270, 316–317
- exercise tubing, 281
- **F** ●
- family, changing views on, 287
- fat, body, 23, 255, 256
- fat, dietary, 169, 180, 247–248, 259
- fatigue, 50
- fecal occult test, 308
- Federal Drug Administration (FDA)
- warnings, 219
- female pattern baldness, 113
- fertility, 2, 12, 124–128
- fertility drugs and ovarian cancer, 194, 195
- fetal abnormalities, 127
- Feuerstein, Georg (*Yoga For Dummies*), 317
- FHS (Framingham Heart Study), 164, 166
- fiber, 246, 249
- fibrinogen, 162
- fibrocystic condition of the breast, 180
- fibroids, 46
- fibromyalgia, 201–202

Fibromyalgia For Dummies (Staud with Adamec), 202

fine needle aspiration, 181

fish, 320–321

fitness. *See* exercise

fitness balls, 280

flaxseed, 249–250, 322

flexibility. *See also* Pilates; yoga

- loss of, 70
- training for increased, 264, 268, 270, 271–274

fluids, drinking, 99, 112, 245

focus, lack of. *See* cognitive impairment

folic acid, 136

follicles, 18, 21, 22, 27

follicle-stimulating hormone (FSH)

- fluctuations, 19
- functions, 20, 21, 22
- menopause, indicator of, 52, 306
- perimenopause, levels during, 27, 52, 306

food. *See* diet

foreplay, 118, 120, 121, 302

forgetfulness. *See* cognitive impairment

Fosamax (alendronate), 68, 236

fractures, bone, 64–65, 152. *See also* osteoporosis

Framingham Heart Study (FHS), 164, 166

free radicals, 249

fruits, eating, 243, 253

FSH (follicle-stimulating hormone). *See* follicle-stimulating hormone

Fuentes, Manny (*T'ai Chi For Dummies*), 317

fuzzy thinking, 48, 51, 133–134. *See also* cognitive impairment

• G •

gallbladder disease, 202–203, 214

gallstones, 202

gastrectomy, effects on bones, 69

ginkgo, 230–231

ginseng, 231

glucose, 199, 310

goat weed, 232

Graf, Martin W. (*Controlling Cholesterol For Dummies*), 84

greens, leafy, 323

• H •

hair, changes in, 50, 112–114

hardening of the arteries, 237, 254, 263, 264. *See also* coronary artery disease

Hawaiian women, breast cancer risk in, 179

HDL (high-density lipids)

- aging, effect on, 91
- conventional therapies for, 238
- described, 82, 83
- estrogen, effects on, 85, 162, 168, 216
- evaluating, 83, 84
- herbs, effects on, 232
- improving/maintaining, 238, 247–248, 263, 264, 315
- low values, risks of, 168
- monitoring, 238, 309
- progesterone, effects on, 163, 216
- shortage, results of, 85

headaches, 45, 49. *See also* migraines

health, maintaining, 286–287

Heart and Estrogen/Progestin Replacement Study (HERS), 164, 177

heart disease. *See also* stroke

- age of menopause, 165–166
- alternative therapies, 238
- causes, 165–166
- cholesterol, relationship with, 85–86
- diagnosis, 82, 311
- gender differences, 79, 81, 88, 89, 171
- hormone therapy, risks/benefits, 169, 214–217
- menopause and risk of, 79, 80–82
- occurrence rate, 82, 161, 304
- preventing, 71, 93–94, 166, 221, 263–264
- racial differences, 89

- risk factors, 91–92
- risk, reducing, 236–238
- symptoms, 82, 87, 88, 89
- treating, 94
- heart disease, types
 - angina, 87–88, 170
 - arrhythmia, 88, 89, 230
 - arteriosclerosis, 237, 254, 263, 264
 - coronary artery disease, 85, 87, 88, 166, 168
 - enlargement, 162
 - heart attacks, 86, 89, 171
 - mitral valve prolapse, 92
 - ventricular fibrillation, 89
- heart function, 80–81
- heart murmur, 92
- heart rate, target exercise, 269, 282
- heartbeat, rapid. *See* palpitations
- herbal remedies. *See also specific herbs*
 - concerns about, 40, 227, 229
 - conventional medicine, coordinating with, 229
 - expertise on, 227–228
 - history, 226
 - safety, 229, 233
 - verification, 227
- Herbal Remedies For Dummies* (Hobbs), 228
- herbal remedies, for specific issues
 - anxiety, 228, 231, 232, 233
 - bleeding, heavy, 228
 - blood clotting, 223, 230, 231
 - cognitive impairment, 229, 231
 - depression, 228, 230, 231, 232
 - hot flashes, 40, 229, 230, 232
 - hypertension, 230
 - insomnia, 40, 229
 - memory, loss of, 229, 230, 231
 - osteoporosis, 236
 - palpitations, 228, 231, 233
 - sex drive, 230, 231
 - sleep, 230, 231, 232
 - stress, 230, 232
 - vaginal atrophy, 229, 230, 231–232, 235
- Herman, Ellie (*Pilates For Dummies*), 270, 317
- HERS (Heart and Estrogen/Progestin Replacement Study), 164, 177
- high blood pressure. *See* hypertension
- high protein diets, 72
- high-density lipids. *See* HDL
- hip fractures, 65
- Hispanic women
 - bone density/osteoporosis in, 64
 - breast cancer risk, 179
 - hypertension, 90
- HIV, 123
- Hobbs, Christopher (*Herbal Remedies For Dummies*), 228
- hormone receptor positive breast cancers, 181
- hormone replacement therapy (HRT). *See* hormone therapy
- hormone therapy (HT). *See also* combination hormone therapy; unopposed estrogen therapy; *Women's Health Initiative* study
 - for anxiety, 210, 220
 - benefits, assessing, 212–213
 - benefits, generally, 145, 146, 212–213, 218
 - blood clotting disorders, effects on, 39, 147, 171, 198–199, 214
 - breast cancer, benefits of, 151–152, 177–178, 181–183
 - breast cancer risk, 39, 78, 147, 151, 177–178, 214
 - cancers unaffected by, 195–196
 - cardiovascular disease, effects on, 164–165, 168, 169, 171, 210, 214–217
 - cholesterol, effects on, 215–216
 - cognitive impairment, effects on, 134, 207–208
 - colorectal cancer, effects on, 189
 - controversy, 2

- hormone therapy (*continued*)
 - deciding on, 18, 210, 212, 221–224
 - defined, 143–144
 - delivery systems, 153–155
 - dementia/Alzheimer’s disease, effects on, 47, 51, 134–135, 151, 207–208, 214
 - described, 149–151, 158–159
 - diabetes, effects on, 163, 200–201
 - differences, individual, 38
 - dosing, 159–160
 - endometrial cancer, effects on, 145, 149–150, 152–153, 155, 158–159, 163, 192
 - FDA warnings, 219
 - heart, effects on, 38, 85
 - hot flashes, effects on, 145, 206, 218, 220
 - hypertension, effects on, 166–167, 215, 216
 - after hysterectomy, 36, 38, 144, 145
 - LDL (low-density lipids), effects on, 150
 - lupus, effects on, 205
 - memory, effects on, 47, 51, 134–135, 207–208
 - menstrual cycle, effects on, 12, 148, 149–150, 158–159, 160
 - migraines, effects on, 206
 - mood swings, effects on, 145, 218
 - after natural menopause, 144
 - for osteoporosis, 76, 77–78
 - osteoporosis, effects on, 78, 213
 - ovarian cancer, effects on, 194
 - palpitations, effects on, 220
 - quitting, 51, 220–221
 - risk, assessing, 217–218
 - risks, generally, 47, 51, 144–145, 151, 194, 214–215, 218
 - smoking, in combination with, 39
 - stroke, effects on, 39, 77, 169, 216, 217
 - studies on, 164
 - after surgical menopause, 36, 36–38, 39, 144, 145
 - testosterone in, 38, 76, 120, 150, 159, 163
 - types, 144, 149–150
 - views on, 209–210
 - Women’s Health Initiative* study, results on, 77, 78
- hormones. *See also specific hormones*
 - defined, 22
 - functions, 19, 21–22, 60
- hot flashes. *See also night sweats*
 - alcohol, effects on, 39, 253
 - causes, 28, 43, 45, 148
 - described, 42–43
 - dietary remedies, 319, 321
 - exercise, effects on, 262
 - herbal remedies, 40, 229, 230, 232, 319
 - hormone therapy treatment, 145, 206, 218, 220
 - occurrence rate, 14, 42
 - recognition, 43
 - symptom control techniques, 39, 40, 291
- HRT (hormone replacement therapy). *See* hormone therapy
- HT. *See* hormone therapy
- human papilloma virus (HPV), 196
- hypertension
 - Body Mass Index, effect of, 255
 - causes, 90, 92–93, 167, 255, 263–264
 - described, 86, 90
 - diet for, 254
 - herbal remedies, 230
 - hormone therapy, effects of, 166–167, 215, 216
 - preventing, 264
 - problems caused by, 87, 89, 90
 - racial differences, 90
 - risk factors, 89–90
 - symptoms, 94, 167
- hyperthyroidism, 203–204
- hypothyroidism, 203–204
- hysterectomy. *See also surgical menopause*
 - considerations for, 33
 - endometrial cancer, 36, 147, 190, 192
 - hormone therapy after, 36, 38, 144, 145

menopausal status after, 12
 menopause, effects on age of, 32, 68
 preparing for, 36
 hysteroscopy, 191

• I •

ibandronate sodium (Boniva), 236
 ibuprofen, 65, 191
 IC (interstitial cystitis), 100, 102–103
 icons used in book, 6
 Iknoian, Therese (*T'ai Chi For Dummies*), 317
in situ, term, 174
 inactivity, 92–93
 incontinence, 49, 99, 100, 104–106
 induced menopause, 32–33, 35. *See also* medical menopause; surgical menopause
 injections, hormone, 155
 insomnia, 40, 212, 229, 231. *See also* sleep
 insulin, 199. *See also* diabetes
 intercourse. *See* sex
 interstitial cystitis (IC), 100, 102–103
 intestinal bypass, effects on bones, 69
 invasive ductile breast cancer, 175
 invasive lobular breast cancer, 175
 irregular bleeding, 303
 irritability
 alternative therapies, 234
 causes, 43–44, 46–47, 49, 138, 148
 exercise, 262
 as symptom of other problems, 301
 ischemic attacks, 91
 isoflavones, 229, 249–250

• J •

jawbone, osteonecrosis of, 236
 Jews, cancer risk in Ashkenazi, 179, 195
 jobs, 290–292
 jogging program, 315
 juvenile-onset diabetes, 200

• K •

kava, 231
 Kegel exercises, 105, 106
 Kronos Early Estrogen Prevention Study (KEEPS)
 on hormone use in younger women, 154, 164, 166, 178
 on transdermal patch, 178, 199, 211
 K-Y Jelly, 235

• L •

lactose intolerance, 72
 laparoscopy, 194
 LCIS (lobular cancer *in situ*), 175
 LDL (low-density lipids)
 aging, effect on, 82, 91
 conventional therapies for, 238, 255
 described, 82, 83
 estrogen, effects on, 85, 168, 203, 216
 evaluating, 83, 84
 herbs, effects on, 231–232
 high values, risks of, 83, 85, 91, 168
 hormone therapy and risk, 150
 improving/maintaining, 169, 247–248, 253, 263, 315, 320
 monitoring, 238, 309
 leafy greens, 323
 LH (luteinizing hormone), 20, 21, 22
 libido. *See* sex drive
 life, reassessing, 293–295
 life span, increasing, 16, 145, 265
 lifestyle, healthy, 16, 29, 39. *See also* diet; exercise
 lipoprotein analysis, 83
 lipoproteins, 82
 liver toxicity, herbs to avoid, 231
 lobes, breast, 173–174
 lobular cancer *in situ* (LCIS), 175
 lobules, breast, 173–174
 low-density lipids. *See* LDL

lower GI series, 188
 lupus, 204–205
 luteinizing hormone (LH), 20, 21, 22

● M ●

ma huang, 233
 magnesium, 60, 71–72, 252
 male menopause, 23
 malignant melanoma, 111
 mammograms, 176, 309
 masturbation, 98, 116, 302
 medical care
 choosing, 286–287
 communication, 30, 96–97, 116–117, 301
 preventative, 29, 302
 tests, recommended, 307–311
 medical menopause, 13, 33, 182
 medications. *See also* collagen; creams;
 herbal remedies
 ACE inhibitors, 237
 analgesics, 65, 103, 230, 237
 antidepressants, 103, 122, 138, 231
 antihistamines, 103
 blood thinners, 230, 231, 237
 bone loss due to, 68–69
 for cardiovascular disease, 65, 230, 231,
 237–238
 chemotherapy, 13, 32, 33, 113, 183, 300
 compounding pharmacies, 155
 cosmetic, 110
 diuretics, 69, 238, 245
 endometriosis, 69
 interactions, 229
 medroxyprogesterone acetate (MPA),
 158–159, 164, 171, 211, 218
 menopause triggered by, 31
 for osteoporosis, 68–69, 151–153, 182,
 235–236
 SERMs, 151–153, 160, 182
 sleeping pills, 122, 135
 SSRIs, 138

thrombolytic drugs, 238
 thyroid, 69, 204
 vasodilator drugs, 238
 medroxyprogesterone acetate (MPA),
 158–159, 164, 171, 211, 218
 melanoma, 111
 melatonin, 262
 memory, loss of. *See also* cognitive
 impairment
 estrogen, effects on, 130, 133, 146
 herbal remedies, 229, 230, 231
 hormone therapy, effects on, 47, 51,
 134–135, 207–208
 minimizing, 135–136, 265
 physical causes, 28, 47, 133
 postmenopause, 51
 symptoms, 134, 207
 men
 bone density in, 56, 61
 estrogen creams, effect on, 99
 fertility by age, 125
 fertility, changes in, 125
 heart disease in, 79, 81, 88, 89–91, 171
 hormone production by, 22, 23, 25, 118
 hypertension in, 89, 90
 menopause in, 23
 sexual changes at mid-life, 118, 121
 menopause
 advantages, 285, 292–293
 age of, 12, 13, 299
 characteristics, 9, 10
 defined, 5, 10
 diagnosis, 28–29, 34–35, 306
 differences, individual, 13–14, 18
 as illness, 300
 life after, 18
 myths, 288, 299–306
 views of, 295
 menstrual cycle
 estrogen production, 19, 20, 67–68
 first day, determining, 20
 hormone levels, 19

hormone therapy, effects on, 12, 148, 149–150, 158–159, 160
 during perimenopause, 27, 44–45
 process, 20
 mental function, deterioration. *See*
 cognitive impairment
 mercury exposure, 321
 Mexican-American women, hypertension
 in, 90
 MI (myocardial infarction), 86, 89, 171
 Miacalcin, 236
 micronized estradiol, 157
 migraines, 49, 206. *See also* headaches
 miscarriage, spontaneous, 127
 mitral valve prolapse, 92
 monounsaturated fats, 248
 mood swings
 alternative therapies, 39
 causes, 28, 43, 137, 138
 drug therapies, 44
 estrogen, effects on, 44, 46, 148
 exercise, 262
 hormone therapy for, 145, 218
 occurrence rate, 14
 preventing, 71
 as symptom of other problems, 301
 Morrow, Monica (*Breast Cancer For
 Dummies*), 176
 motherwort, 231
 movies, classic, 294
 MPA (medroxyprogesterone acetate),
 158–159, 164, 171, 211, 218
 mucosa, 186
 mutations, defined, 174
 myocardial infarction (MI), 86, 89, 171

• N •

National Center for Complimentary and
 Alternative Medicine, 226
 Native American women, breast cancer
 risk in, 179

needle core biopsy, 181
 Neporent, Liz (*Weight Training For
 Dummies*), 314
 NHS (Nurses' Health Study), 164, 165–166,
 169, 178, 255
 night sweats, 28, 43, 45, 229. *See also* hot
 flashes
 nitroglycerin, 238
 nonconventional therapies. *See* alternative
 therapies
 norepinephrine, 43, 44, 45
 norethindrone, 150, 158
 norethindrone acetate progestin, 158, 159
 Nurses' Health Study (NHS), 164, 165–166,
 169, 178, 255
 nutrition. *See* diet
 nuts, 320

• O •

obesity. *See also* weight
 breast cancer, effect on, 181
 cholesterol, relationship with, 84
 defined, 256
 diabetes, relationship with, 77
 endometrial cancer, effect on, 192
 hypertension, relationship with, 90
 oocytes, 193
 oophorectomy, 32. *See also* surgical
 menopause
 open biopsy, 181
 oranges, 322
 osteoblasts, 57
 osteocalcin, 72
 osteoclasts, 57, 59
 osteonecrosis, 236
 osteopenia, 59, 62, 63, 74
 osteoporosis
 alternative therapies, 235–236,
 274–281, 305
 causes, 63
 dangers, 60, 63–65

- osteoporosis (*continued*)
 defined, 55, 61
 diagnosis, 62–63, 73–76, 309
 hormone therapy, 213
 medications for, 68–69, 151–153, 182, 235–236
 menopause, effects of, 61
 occurrence rate, 61
 preventing, 66, 251–252, 264, 303
 racial differences, 56, 64, 66, 67, 213
 risk factors, 56, 66–73
 secondary, 59
 treating, 76–78
 types, 59
- ovarian cancer, 179, 193–195
 ovarian hormone screening, 310–311
 ovaries, 18, 20–22, 27, 193. *See also*
 oophorectomy
- ovulation, 20, 21, 22, 127
- *p* ●
- pain threshold, changes in, 28
 painful bladder syndrome (PBS), 100, 102–103
- palpitations
 causes, 24, 44, 45, 138, 148, 170
 described, 27, 44, 170
 herbal remedies, 228, 231, 233
 hormone therapy, effects of, 220
 as menopause symptom, 52, 137
 occurrence rate, 14
 as symptom of other problems, 137, 170, 203
- pamedronate (Aredia), 236
 Pap smear, 196, 307
 parathyroid glands, 59
 parents, aging, 289–290
 partner, relationship with, 288–289
 patches, hormone, 153–154, 178, 199, 211
 PBS (painful bladder syndrome), 100, 102–103
- PC (pubococcygeous) muscle, 105, 106
 peak bone density, 56–57
 pelvic exam, 307
 peony, 231
 perimenopause
 characteristics, 10, 11, 14
 defined, 5, 10–11
 differences, individual, 27, 28
 periods during, 27, 44–45
 pregnancy, 118
 symptoms, 26–27, 42–48
 treatment options, 219–221
- periods. *See* menstrual cycle
 phytochemicals, 245
 phytoestrogens, 229, 249–250
 Pilates, 268, 270, 317
Pilates For Dummies (Herman), 270, 317
 pills, hormone, 153
 piperazine estrogen sulfate, 157
 plaque, 85–86, 162, 168
 platelets, 237
 PMS (premenstrual syndrome), 24, 131
 POF (premature ovarian failure), 33–34
 polyps, 186, 308
 polyunsaturated fats, 247
 postmenopause, 5, 11, 12, 28–29
 potassium, 252
Power Yoga For Dummies (Swenson), 270
 pregnancy
 achieving, 2, 12, 124–128
 breast cancer risk, 180–181
 estrogen created during, 21, 23, 24, 157
 ovarian cancer risk, 193
 perimenopausal, 118
 progesterone and, 24, 127
 rates by age, 124, 125
 premature ejaculation, 118
 premature menopause, 13, 14, 31, 33–34, 299–300
 premature ovarian failure (POF), 33–34
 premenstrual syndrome (PMS), 24, 131
 priorities, reassessing, 293–295

progesterone. *See also* combination

hormone therapy

described, 5, 158

functions, 22, 24, 60, 163

HDL, effects on, 163, 216

in menstrual cycle, 19, 20–21

pregnancy, 24, 127

symptoms caused by, 24

progestin. *See also* progesterone

described, 5, 22

functions, 163

side effects, 163

types, 158

protein, 72, 246–247

psychogenic erections, 121

psychological disorders, 131

puberty, characteristics, 9–10

pubococcygeous (PC) muscle, 105, 106

Puerto Rican women, hypertension in, 90

pulmonary embolism, 198

• Q •

quantitative computed tomography (QTC)

test, 75, 194

• R •

radiation therapy, 31, 33, 300

Raloxifene, 151–153, 182, 236

raspberries, 321

rectal exam, 308

red clover, 231–232

red meat, risks of, 72, 189

relationships at menopause, personal,
287–290

relaxation techniques, 90, 138, 220

Remifemin, 230

remodeling, bone, 57–58

Replens, 235

resorption, bone, 57

retinoid creams, 110

retirement, 290–292

rings, hormone, 155

Rinzler, Carol Ann (*Controlling Cholesterol
For Dummies*), 84

risedronate (Actonel), 236

roughage, 246, 249

running program, 315

• S •

SAD (seasonal affective disorder), 132

safety, relationship, 288

sage, 232

Saint John's wort, 232

saline infusion sohoysterogram (SIS), 191

sandwich generation, 289–290

saturated fats, 247

Schlosberg, Suzanne (*Weight Training For
Dummies*), 314

seasonal affective disorder (SAD), 132

secondary osteoporosis, 59

selective estrogen receptor modulators
(SERMs), 151–153, 160, 182

selective serotonin reuptake inhibitors
(SSRIs), 138

sequential combination therapy, 149, 160

serotonin

emotional difficulties, effects on, 138

estrogen, relationship with, 42, 44, 46,
51, 138

functions, 28, 42, 43–44, 46–47, 220

17-beta estradiol. *See* estradiol

sex

changes after menopause, 115–116

communicating about, 116–117

discomfort during, 50, 96, 98,
119–120, 302

frequency, 116

improving, 121–122

inhibitors, 122

masturbation, 98, 116, 302

safety, 118, 123, 196

satisfaction with, 302

- sex drive
 - androgens, effects on, 117, 120
 - estrogen, effects on, 120
 - herbal remedies, 230, 231
 - inhibitors, 122
 - in men, 121
 - during menopause, 51, 116, 302
 - reduced, dealing with, 118–119, 150
- sexually transmitted diseases (STDs), 123
- sigmoidoscopy, 188
- silicone caps, 105
- SIS (saline infusion sonohysterogram), 191
- skin cancer, 111, 112
- skin, changes in, 49, 108–112, 231
- sleep
 - brain function, 135
 - exercise, effects on, 262
 - herbal remedies, 230, 231, 232
 - improving quality/amount, 39
 - interrupted, 49, 50
 - lack of, 40, 212, 229
- sleeping pills, 122, 135
- smoking, effects of
 - bone loss, 70
 - heart disease, 93
 - hormone therapy and, 39
 - memory, loss of, 135
 - sexual, 122
 - skin, 112
- sodium in diet, 254
- soft drinks, 71, 245
- sonogram, 194
- soy, 232, 250, 319–320
- spasms, blood vessel, 89, 162
- spin class, 316
- spinal fractures, 64–65
- SSRIs (selective serotonin reuptake inhibitors), 138
- Staud, Roland (*Fibromyalgia For Dummies*), 202
- STDs (sexually transmitted diseases), 123
- steroids, 25, 26, 68
- strawberries, 321
- strength training, 268, 275, 313–314
- stress, emotional
 - alternative therapies, 234
 - effects, 138
 - heart disease, 88, 93
 - herbal remedies, 230, 232
 - menopause as symptom of, 130
 - sex, 119
 - symptoms, 135
 - triggers, 139
- stress incontinence, 104
- stress test, 311
- stretching, 264, 268, 270, 272–274
- stroke
 - causes, 90–91, 168
 - hormone therapy, effects of, 39, 77, 169, 216, 217
 - recovery from, 90
 - symptoms, 91, 168–169
 - treating, 91, 169
- stroma, 27
- studies, medical. *See also* Kronos Early Estrogen Prevention Study; *Women's Health Initiative* study
 - Framingham Heart Study, 164, 166
 - Heart and Estrogen/Progestin Replacement Study, 164, 177
 - Nurses' Health Study, 164, 165–166, 169, 178, 255
 - Women's Health Initiative* Dietary Modification, 169
 - Women's Health Initiative* Memory Study, 207–208
- sugar, 245
- sunshine, 73, 109–110, 112, 252
- supplements. *See also* herbal remedies
 - calcium, 58–60, 71–72, 76, 235, 251
 - magnesium, 60, 72
 - vitamin A, 111
 - vitamin B, 136
 - vitamin C, 251

- vitamin D, 58, 71, 73, 235, 252, 305
 vitamin K, 72, 252, 305
 support systems, 29–30, 40, 266
 surgeries, effects on bone loss, 69
 surgical menopause. *See also*
 hysterectomy; oophorectomy
 bone loss, 68
 causes, 32–33, 36–37
 depression, 51
 described, 13, 300
 Swenson, Doug (*Power Yoga For Dummies*),
 270
 swimming program, 315
 symbols used in book, 6
 symptoms, menopausal. *See also specific symptoms*
 causes, hormonal, 45
 causes other than menopause, 15, 41
 common, 14, 48–51
 defined, 51
 differences, individual, 41, 42
 duration, 15
 occurrence rate, 14, 42, 304
 perimenopause, 26–27, 42–48
 recognition and diagnosis, 52
 severity, determining, 222–223
 systemic lupus erythematosus, 204–205
- **T** ●
- t'ai chi, 317
T'ai Chi For Dummies (Iknoian with
 Fuentes), 317
 tamoxifen, 151–153, 182
 tang gu, 230
 Targosz, Cindy (*Ten Minute Tone-Ups For
 Dummies*), 314
 tea, 322–323
 Teflon injections, 105
 temperature control, 28. *See also* hot
 flashes; night sweats
Ten Minute Tone-Ups For Dummies
 (Targosz), 314
 testosterone
 dilating blood vessels when given in
 hormone therapy, 163
 effects of, 22, 25, 60, 120, 163
 estrogen, balancing with, 120
 increased sex drive when given in
 hormone therapy, 120, 150, 159
 men, changes in, 23, 118, 121
 osteoporosis benefits when given in
 hormone therapy, 76, 159
 preventing uterine cancer when given in
 hormone therapy, 38
 production of, 12, 22, 27
 risks of too much, 120
 side effects, 120, 159, 163
 tests, recommended medical, 307–311
 thiazide diuretics, 69
 thrombolytic drugs, 238
 thyroid
 bone loss, effects on, 69
 described, 137, 203
 diseases, 137, 203–204, 300
 herbs, interference with, 231
 medications for, 69, 204
 removal, 69
 screening for problems, 137, 310
 TIA (transient ischemic attack), 91
 tobacco. *See* smoking, effects of
 trabecular bone loss, 59
 transdermal patches, 153–154, 178,
 199, 211
 transient ischemic attack (TIA), 91
 trans-saturated fats, 247
 treatment, choosing, 16, 210, 212, 221–224
 trichomoniasis vaginosis, 123
 triglycerides, 84, 162, 163, 216
 T-score, 63, 74
 tubing, exercise, 281

• U •

ultrasound tests, 75, 181, 191, 194
 ultraviolet (UV) rays, 110, 111
 umami, 319
 unopposed estrogen therapy
 benefits/risks, 148, 171, 177–178
 cardiovascular disease, effects on,
 164, 165
 described, 145, 147–149
 use after hysterectomy, 144, 145, 192
 urethra, 100, 104
 urge incontinence, 104
 urinary problems
 excessive frequency, 49
 incontinence, 49, 99, 100, 104–106
 infections, 100, 101–102
 interstitial cystitis, 100, 102–103
 treating, 96–97
 urinary system, 100
 urinary-tract infections (UTIs), 100,
 101–102
 urine tests for osteoporosis, 76
 urogenital atrophy, 144, 218
 uterine cancer. *See* endometrial cancer
 UV (ultraviolet) rays, 110, 111

• V •

vaginal atrophy. *See also* vaginal lubricants
 described, 49, 50, 95–96, 97, 119
 herbal remedies, 229, 230, 231–232, 235
 occurrence rate, 49, 97
 vaginal lubricants
 estrogen cream, 99, 121, 123, 154–155
 petroleum-based, 120, 123
 for relief of dryness, 98–99, 120–121,
 235, 302
 vaginal problems. *See also* vaginal atrophy
 cancer of, 195–196
 infections, 98, 123, 324

vasodilator drugs, 238
 vegetables, eating, 242–243
 ventricular fibrillation, 89
 viral vaginitis, 123
 viropause, 23
 vitamin A, 111
 vitamin B, 136
 vitamin C, 251
 vitamin D, 58, 71, 73, 235, 252, 305
 vitamin K, 72, 252, 305
 vitex, 232
 vulvar cancer, 195–196
 vulvar discomfort, 49

• W •

walk-and-talk test, 282
 walking, 263, 275, 282–283, 314–315
 warfarin, 230, 237
 warm-up exercise activities, 260, 268, 269,
 270, 271
 water aerobics, 317
 water, drinking, 99, 112, 245
 weight. *See also* obesity
 changes in, 50
 controlling, 256–259
 diabetes, relationship with, 256
 dieting to lose, 258
 distribution, 50, 254
 excessive, 92, 177, 181, 254
 losing, 263
 racial differences, 92
 recommended, 255
 weight training, 268, 313–314
Weight Training For Dummies (Neporent,
 Schlosberg and Archer), 314
 WHI studies. *See Women's Health Initiative*
 study
 WHIMS (*Women's Health Initiative Memory*
 Study), 207–208
 widowhood, 123
 winter cherry, 230

Women's Health Initiative Memory Study (WHIMS), 207–208
Women's Health Initiative (WHI) Dietary Modification study, 169
Women's Health Initiative (WHI) study described, 77, 163–165
ongoing follow up, 210
results, generally, 210–211
unanswered questions, 211
Women's Health Initiative (WHI) study, results on
blood clotting, 198–199
bone loss/osteoporosis, 58, 77–78
breast cancer, 78, 177–178
cardiovascular disease, 166, 168, 215
colorectal cancer, 189
combination hormone therapy, 78
dementia, 47, 134–135
estrogen-only hormone therapy, 77
heart disease, 38
stroke, 77, 169

workplace issues, 290–292
wrinkles, products to retard, 110
wrist fractures, 65

● X ●

x-rays for osteoporosis diagnosis, 76

● Y ●

yams, 321
yeast infections, vaginal, 123, 324
yoga, 234, 268, 270, 316–317
Yoga For Dummies (Feuerstein), 317
yogurt, 323–324

● Z ●

Zoneta (zoledronic acid), 236
z-score, 74

