

Contents

Foreword	vii
Preface	ix
1. Menopause: Loss of Womanhood or Freedom?	1
2. Heart Disease and High Blood Pressure: Prevention is Better than Cure	80
3. Universal Health Problems: Osteoporosis and Urinary Incontinence	137
4. Cancers in Midlife: Major Health Risks	167
5. More on Gynecological Health: Fitness in Midlife	220
6. Midlife Crisis: Mental Health Problems	269
7. Frequently Asked Questions (FAQs) about Menopause and Post-menopausal Women	324
Appendices	378
Bibliography	418
Index	452