



Outliving Your Ovaries: An Endocrinologist Weighs The Risks And Rewards Of Treating Menopause With Hormone Replacement Therapy

Authored by Marina Johnson MD

Marina Johnson MD

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OUTSTANDING PROFESSIONAL REVIEWS ?????

(Excerpts 2015 Professional Book Reviewers)

Marina Johnson, M.D., Board-Certified Endocrinologist, Pharmacist, Menopause-Expert and medical writer, has written the book **Outliving Your Ovaries** in hopes all women who are menopausal will consider medicinal treatment.

Her book is broken down into five sections including the doctor's personal experience with HRT (hormone replacement therapy), understanding a woman's body, the pros and cons of taking estrogen, which type of HRT and the cycles of a woman's life. The book goes into detail on the different types of HRT, oral or topical, and explains the short and long term benefits, risks and side effects of taking either one and comparing it to not taking any type of HRT. Helpful scientific in-depth sections are delineated by a chemical sign for the reader to skip or read later.

Because only twenty percent of American menopausal women take HRT, Dr. Johnson explains and promotes the drug, wishing eighty percent or more would consider the option.

This is an *exceptional* book for any woman entering or in menopause to consider and be made aware of the upcoming events in her life. Due to one's own medical history, the reader now has more opportunities to decide if going on an HRT will improve her quality of life or not. OB/GYN offices should have this book offered to menopausal women!

(Another Professional Book Reviewer adds)

Dr. Johnson is biased towards pharmaceutical grade bio identical estrogen which may or may not be the form of hormones you are considering but the real value of this book is her vast clinical experience of working with women and prescribing hormone replacement for 25+ years. There are only a handful of clinical experts in this field with that kind of background and clinical experience. I found a lot of the information really relevant to me especially the section on perimenopause outlining some of the symptoms that can be experienced by women during this phase. It is obvious that Dr. Johnson is very passionate about her work.

Whether or not you agree with her choice of only using pharmaceutical grade (topical) bio identical hormones or not this book provides a comprehensive overview of women's hormonal health. Reading this book helped me to reinforce my decision to use bio identical hormones as a part of my personal menopause plan. Even if you are not considering going with the option of pharmaceutical grade bio identical hormones but compounded versions, Dr. Johnson's vast experience of working with women and hormones along with her clinical observations of how hormones affect women makes reading this book well worth the time and investment. (036) r7-22

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