

Foreword to Healthcare Providers

If you are a healthcare provider who cares for women at midlife, you are very likely feeling the frustration of women who come in for an annual exam with multiple questions about menopause and the associated symptoms and therapeutic options. Our patients have issues and questions too numerous to answer and resolve in the 15 to 20 minute time frame for an annual exam and complete evaluation.

I have felt that same frustration in my busy gynecologic practice.

You can't blame our patients for wanting answers, and even turning (as they have), to the Internet, friends, and health food store clerks for answers. When they come into my office, they come with books by Suzanne Somers, Dr. John Lee, or Internet articles on bioidentical hormones, often written out of context. I spend my time debating the issues rather than teaching and helping. Maybe this sounds familiar to you, too.

I know that it is hard to find good evidence-based, accurate, safe, and comprehensive materials for our patients to read prior to their visit.

I am here to help you with this.

I am a trained chemist with a Ph.D., a board certified gynecologist with more than 25 years of experience, and a trained natural therapist. I have had a career-long interest in menopause, menopause therapies, and associated hormonal problems. **Let me help you help your patients.**

I have written this book to help you, and myself, help our patients with the most accurate and up-to-date information available.

Written from my over 25 years of clinical experience, this systematic book:

- Clearly defines menopause and the menopause experience.
- Gives insight into the history of menopause therapies.
- Accurately and clearly defines and discusses bioidentical hormones.
- Provides all current options for therapies, including natural and herbal therapies, medicinal therapies, and up-to-date, safe approaches to hormone therapies.
- Clearly discusses and offers solutions for those difficult issues of perimenopausal/menopausal weight gain, sexual issues, and difficulties with sleep.

You can recommend this book to your patients with the confidence that it is clearly written, up-to-date, and offers her options—safe options. You can feel confident knowing that this book is written by one of your colleagues who has the credentials and experience you can trust, and a lifelong interest in menopause.

Ask your patients to read this book first, and then consult with you about her options. This will give her safe and real answers, and allow you to help her quickly and more effectively. And she will be very grateful to you for the safe and effective options.

I am also willing to help you to help your patients more effectively. Write to me at www.theperfectmenopause.com with your questions.

—HENRY M. HESS M.D. PH.D.