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**M. SARA ROSENTHAL**

WITH A FOREWORD BY ROBERT VOLPÉ, M.D.,  
F.R.C.P., F.A.C.P.

# Thyroid Sourcebook

**M. Sara Rosenthal**



## **Thyroid Sourcebook:**

**The Thyroid Sourcebook for Women** M. Sara Rosenthal, 2005-01-21 The Thyroid Sourcebook for Women is an indispensable resource for the one in eight American women who suffers from chronic thyroid disorders This new edition features the latest research on thyroid disorders including hypothyroidism hyperthyroidism and thyroid cancer and their effect on women s health and lives It explores the advantages and disadvantages of the latest medications and treatments while addressing critical concerns for women such as fertility pregnancy postpartum thyroid disorder menopause depression and weight gain It also offers candid appraisals of major alternative therapies **The Thyroid Sourcebook (5th Edition)** M.

Sara Rosenthal, 2008-12-07 The classic reference guide for living with thyroid disorder now completely revised and updated The New York Times called this book an excellent source of information The Thyroid Sourcebook features patient narratives information on the complications of hypo and hyperthyroidism such as depression weight gain thyroid eye disease and sleep disorders the latest on complimentary medicine and much more *The Thyroid Sourcebook* M. Sara Rosenthal, 2000 Includes material on hyperthyroidism hypothyroidism autoimmune disorders thyroiditis Graves disease thyroid eye disease Hashimoto s disease and radioactive iodine **The Hypothyroid Sourcebook** M. Sara Rosenthal, 2002-04-09 How to manage your weight with the Hypothyroid diet how to regain your energy with the Hypothyroid Active Living Program and fighting fatigue depression and other hypothyroid symptoms drug free with the Hypothyroid Herbal and Wellness Program

**The Thyroid Sourcebook** M. Sara Rosenthal, 1998 This 3rd revised edition sensitively handles the many issues associated with thyroid disorders including the latest information on treatments and medications and how levels of radiation attack the thyroid gland first A book for patients caregivers or possible sufferers **The Thyroid Cancer Book** M. Sara Rosenthal, Ph. D., 2002-09-30 M Sara Rosenthal Ph D bestselling author of The Thyroid Sourcebook recommended by The New York Times The Thyroid Sourcebook for Women and The Hypothyroid Sourcebook has just published The Thyroid Cancer Book the only consumer book to date devoted to thyroid cancer A thyroid cancer survivor herself Rosenthal wrote the book she wishes she d had when diagnosed in 1983 The Thyroid Cancer Book explains all forms of thyroid cancer and its treatment in plain language It was written in consultation with the leading medical experts on thyroid cancer in North America and is the only book of its kind in the world It includes extensive information on Significant risk factors for developing the disease and how to find and investigate lumps in the neck Papillary and follicular thyroid cancers as well as the less common medullary and anaplastic cancers Treatment options surgery and radioactive iodine Post treatment follow up whole body scans and Thyrogen Self healing and complementary therapies The emotional impact of cancer on families and loved ones Palliative care While thyroid cancer accounts for roughly two percent of all cancers it s among the fastest growing cancers in incidence Its causes in North America are associated with fallout from nuclear testing in the American midwest and environmental causes which Rosenthal also writes about in detail Recommended by Johns Hopkins Thyroid

Tumor Center The Thyroid Foundation of America The American Foundation for Thyroid Patients The Thyroid Foundation of Canada CancerHelpUK and thyroid cancer patients from both Thyca and Thy Vors [Thyroid Sourcebook \(5th Edition\)](#). M. Sara Rosenthal,2000 **The Fifth Decade** Deborah R. Wagner,2012 The Fifth Decade enlightens women and their families about the shifts to women s emotional states their bodies and their sense of wellbeing during their midlife years With balanced accessible and humorous discussions of female physiology and psychology as well as current treatment options author and psychologist Deborah R Wagner Ph D provides a forum to help her readers get comfortable with the volatile powerful and colorful decades of life in the 40s and 50s With added advice for families including a segment for partners and children as well as candid discussions on the impact of unanticipated but interconnected conditions such as anxiety depression changing body image loss of feelings of empathy and nurturing and empty nesting Dr Wagner delivers a potent blend of science and comfort in a voice that women identify with easily A compelling insight for women and their loved ones The Fifth Decade provides a roadmap to the chaos hormonal and otherwise of midlife [How I Reversed My Hashimoto's Thyroiditis Hypothyroidism](#) Robert T. Dirgo,2001-02-07 This is the first book of its kind in which the author details the specific step by step approach he took to reduce his Hashimoto s Thyroiditis Hypothyroidism This is an impelling story that will inform and inspire the reader This is a must read for any sufferer of Hypothyroidism or autoimmune related disorders who is open to alternative treatments The book will keep the reader engrossed anticipating the next turn in this fascinating journey to recovery It presents a personal triumph in laymans terms that are easy to relate to Its a message of Hope Faith and Joy In addition to being an inspiring source of possibilities it is also packed with valuable Thyroid related resources The author provides a Personal Health Diary as well which the reader can utilize on their personal journey to improved health

**Living Well with Hypothyroidism, Revised Edition** Mary J. Shomon,2009-10-13 The Most Comprehensive Resource Available on the Diagnosis and Treatment of Hypothyroidism For millions of Americans hypothyroidism often goes untreated or is treated improperly This book thoroughly researched by the nation s top thyroid patient advocate a hypothyroidism patient herself provides you with answers to all your questions including What is hypothyroidism What are the warning signs symptoms and risk factors Why is getting diagnosed often a challenge and how can you overcome the obstacles What treatments are available including those your doctor hasn t told you about Which alternative and holistic therapies nutritional changes and supplements may help treat hypothyroidism *Menopause Before 40* Karin Banerd,2004-10-21 Every woman will eventually make the journey through menopause For most menopause occurs around around age 50 Those women are lucky because they can access the plethora of books that will help guide them through every phase of menopause But for at least 1 in 100 women menopause can occur as early as age 35 sometimes younger And thousands more women will experience premature ovarian failure due to other medical conditions and treatments such as cancer treatment Whatever the cause of early menopause women going through it are left in a vacuum where finding a healthcare practitioner experienced

enough to treat them is difficult let alone finding suitable information Until now With Menopause Before 40 Coping with Premature Ovarian Failure Karin Banerd adds an important voice to menopause literature addressing the distinct needs of the woman in premature menopause as they are quite different from those of natural menopause Banerd s personal experience and knowledge of premature menopause offers a unique perspective as she shares her intimate treacherous and painful journey that started at age 35 In the book Banerd describes the warning signs of hormonal decline and the havoc these unexpected changes wreaked on her life She also highlights the unique context of premature menopause how it necessitates a different set of responses from doctors and what she feels those responses should be She goes on to explain exactly what premature menopause is and how it differs from natural menopause And finally she details various strategies for maintaining optimum health during the menopausal years The last section in particular demonstrates how premature menopause can be a wake up call for making nutritional and lifestyle choices that have far reaching effects into the senior years

**Thyroid Disorders Sourcebook** Joyce Brennfleck Shannon,2005 Basic Consumer Health Information about Disorders of the Thyroid and Parathyroid Glands Including Hypothyroidism Hyperthyroidism Graves Disease Hashimoto Thyroiditis Thyroid Cancer and Parathyroid Disorders Featuring Facts about Symptoms Risk Factors Tests and Treatments Along with Information about the Effects of Thyroid Imbalance on Other Body Systems Environmental Factors That Affect the Thyroid Gland a Glossary and a Directory of Additional Resources

*The Type 2 Diabetic Woman* M. Sara Rosenthal,1999-04 The Type 2 Diabetic Woman is designed to address the unique physical and emotional aspects of this disease for women Stressing the importance of good self management bestselling health writer M Sara Rosenthal presents information on nutrition exercise self testing medications sex and pregnancy in a warm supportive manner The book focuses on how to work with your health care team how to make the right lifestyle changes and how to prevent long term complications

**Managing Diabetes for Women : the Only Canadian Woman's Guide to Type 2 Diabetes** M. Sara Rosenthal,1999 *Library Journal* ,2006

**The Source Book** William Francis Rocheleau,1926

**Healing Depression** Catherine Carrigan,1997 Encourages people to take control of their lives Explores the causes of depression Offers a complete program of medical nutritional environmental and behavioral treatments Details 38 questions and proven answers with space for writing personal thoughts Provides user friendly indispensable information with home care providers doctors offices libraries and health food stores Endorsed by doctors and health care providers

*The Publishers Weekly* ,1999

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