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# The Thyroid Sourcebook *for Women*



Everything You Need to Know About:

- Fatigue, stress, depression, and thyroid disease
- Fertility, pregnancy, and the thyroid
- Thyroid disease and menopause
- Thyroid cancer

**M. SARA ROSENTHAL**

author of *The Thyroid Sourcebook* and *The Generalist's Sourcebook*

Foreword by Kelly B. Hale,

founder/president of the American Foundation of Thyroid Patients

# Thyroid Sourcebook For Women

**Karin Banerd**



## **Thyroid Sourcebook For Women:**

**The Thyroid Sourcebook for Women** M. Sara Rosenthal, 2004-12-15 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

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*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: Everything You Need to Know** M. Sara Rosenthal, 2000 *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

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American Foundation for Thyroid Patients The Thyroid Foundation of Canada CancerHelpUK and thyroid cancer patients from both Thyca and Thry Vors 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

Gynecological Health : a Comprehensive Sourcebook for Canadian Women M. Sara Rosenthal,2003 **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**

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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 **The Fertility Sourcebook** M. Sara Rosenthal,2002

This is a valuable book for anyone thinking about starting a family trying to conceive or already in treatment It is a direct common sense approach to a complex and difficult area **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** Lewis Vaughn,2003 Explores all treatments including traditional alternative and nutritional for thyroid disorders

**Asthma Sourcebook** Karen Bellenir,2006 Provides basic consumer health information about causes triggers treatment and management of asthma Includes index glossary of related terms and other resources Provided by publisher

*Prostate and Urological Disorders Sourcebook* Karen Bellenir,2006 Provides information about prostate cancer and other prostate problems such as prostatitis and benign prostatic hyperplasia

[50 Ways to Prevent and Manage Stress](#) M. Sara Rosenthal,2001 This quick and easy volume features 50 solutions you can use to alleviate the effects of stress and related disorders *50 Ways to Prevent and Manage Stress* includes information on the health toll of stress work and home adjustments that can help reduce stress body work diet and herbal relief exercise counseling and creative outlets

**Mental Health Disorders Sourcebook** Karen Bellenir,2005 Basic Consumer Health Information about mental and emotional health and mental illness including facts about

depression bipolar disorder and other mood disorders phobias post traumatic stress disorder PTSD obsessive compulsive disorder and other anxiety disorders impulse control disorders eating disorders personality disorders and psychotic disorders including schizophrenia and dissociative disorders Along with statistical information concerning mental health issues in children and adolescents

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