**Management of the Menopause, 5th edition**

Margaret Rees, John Stevenson, Sally Hope, Serge Rozenberg, Santiago Palacios

Management of the Menopause, is a relevant and comprehensive summary of the assessment and management of women in mid-life. It is particularly relevant to GPs, nurses, specialists and allied health practitioners involved in the health care of mid-life women. The book is well formatted, easy to read and easy to navigate.

ISBN 978 1 85315 884 1, $74.00

The book concisely summarises the main issues surrounding women in mid-life. The authors then provide a list of further reading relevant to each section, allowing the health practitioner to gain an overview first and then explore more detailed literature as desired.

Of particular note, the chapter covering ‘Benefits, risks and uncertainties of oestrogen based therapies’, accurately and succinctly puts current research into perspective.

The only issues that I would highlight is that the book is written with a British/European flavour. Some of the drug formulations are not available in Australia and some of the national health policies differ.

Also, there are a couple of areas which are very light yet are major clinical issues affecting quality of life and often the original reason that women seek help from their GP: sexual dysfunction, particularly non-hormonal causes and use of androgen therapy, and psychological/mood symptoms affecting women in mid-life. Similarly, in the current climate of responsible use of complementary therapies, the negative issues relating to bio-identical hormones are not covered strongly enough.

Sue Reddish
Canterbury, Vic

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**First do no harm**

*Being a resilient doctor in the 21st century*

Leanne Rowe, Michael Kidd

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Many women would also find this book enlightening and practical. With so much inaccurate information available via the internet, media and friends, here they can read the facts, understand their specific health risks and arm themselves with appropriate questions to discuss with their GP.

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Management of the Menopause is written by well respected and credentialed authors, each with a different slant depending on their particular specialty and research interests. The inclusion of a female GP ensures that issues facing primary care practitioners are fully covered and relevant.

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I learnt a few new things reading this book. It was the first time I had actually read the Hippocratic Oath. It was also the first time I read the Declaration of Geneva, which was adopted by the 2nd General Assembly of the World Medical Association in 1948 as a declaration of the humanitarian goals of medicine. It is an updated pledge to the higher values of a profession is to come to consider that our health and wellbeing is important for ourselves, as it is for all individuals, and not only because it helps to make us resilient doctors, but better able to care for others.

Jenni Parsons
Woodend, Vic

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