



Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife

Tara Allmen M.D.

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An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field.

The physical changes that occur after forty are inevitable—and can be unnerving. Perimenopause and menopause affect every aspect of a woman's life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Dr. Tara Allmen, a board-certified gynecologist, North American Menopause Society (NAMS) certified menopause practitioner, and the recipient of the 2016 Castle Connolly Top Gynecologist in NYC, shares her expertise to help midlife women transform this challenging time into the best years of their life.

Written in her effervescent yet assured voice, *Menopause Confidential* provides cutting-edge information and practical advice on:

- the symptoms and hormonal changes of perimenopause and menopause
- the health risks associated with midlife—from clarifying the conflicting opinions about health screenings (How often should I get a mammogram and Pap test?) to serious medical conditions, such as osteoporosis and heart disease
- various remedies, both allopathic and natural, to improve symptoms and empower women to make individual choices
- practical tips and reliable resources for living a healthy life

As a Fifty-something herself, Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal journey through the menopause transition. Women can't turn back the clock, but they can take control of their health and flourish in midlife. *Menopause Confidential* inspires them to be informed, proactive, and reach for their greatest and healthiest selves.

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