No more periods?: the risks of menstrual suppression and other cutting-edge issues about hormones and women's health

No more periods? The risks of menstrual suppression and other cutting-edge issues about hormones and women's health

Tagged: Hormonal birth control methods, Menstruation, Paper, What we're reading

Resource Language: English
Media Type: Paper
Author: Susan Rako

Publisher: Harmony Books
Publication Date: 2003
Publication Place: New York, NY

Discusses the far reaching implications of menstrual suppression, not only to stop one's period, but also the implications of altering the whole menstrual and female reproductive cycle.

Available From: Random House of Canada Limited

Notes: Includes bibliographical references and index. --- Review, August 2003: Menstrual suppression, the cessation of a woman's period using hormones, has recently become a hot topic in women's health. Many health professionals and drug companies are suggesting that it is a safe and preferable option for women to suppress their periods if they are not trying to become pregnant. In her book, No More Periods, Susan Rako argues that this is a dangerous idea that does not take into consideration the medical risks associated with menstrual suppression such as osteoporosis, heart attacks, strokes and cancer. She is concerned that members of the medical community have not provided women with enough information about the implications of menstrual suppression. A gap exists that once filled, will cause women to think long and hard before choosing to stop their periods. This book attempts to fill that gap by discussing frankly and honestly the far reaching implications of what it means not only to stop one's period but also alter the whole menstrual and female reproductive cycle.