



Double Menopause: What to Do When Both You and Your Mate Go Through Hormonal Changes Together

Nancy Cetel

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A positive, practical approach to understanding and coping with male and female hormonal changes While most people are familiar with female menopause, it is not as well known that men, too, have their own version of midlife transition and it s far more common than one might suspect. It s only recently been understood that men also suffer from hormonal changes often called andropause and that resources for couples struggling to cope with his-and-hers midlife changes have not been readily available. Double Menopause is the first book to explore the phenomenon of simultaneous female and male menopause. Dr. Nancy Cetel addresses the emotional and psychological reactions as well as the physiological changes both you and your partner may experience. Even the most solid relationship can crumble under the weight of hormonal change; Cetel offers a compassionate and reassuring survival guide for both men and women to help you regain control of your life and renew your commitment to each other. Utilizing practical, effective, and even fun techniques, Cetel helps you: Identify the signs and symptoms of menopause and andropause Understand the myths, fantasies, and realities of midlife sexuality, from both the male and female perspective Work through inevitable conflicts in your relationship Ignite your "midlife love hormones" Evaluate the pros and cons of hormonal supplements such as DHEA and growth hormone Discuss potential treatment options with your physician Based on the latest cutting-edge research, including the author s own, Double Menopause offers you and your mate a healthy, loving prescription for optimal health at midlife and beyond.

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