



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

**If You're Under 40, and Are Going Through Menopause,
You Must Have This Book**

MENOPAUSE BEFORE 40: COPING WITH PREMATURE OVARIAN FAILURE

By Karin Banerd, ISBN 1-4120-3464-7

Every woman will go through menopause. For most, the journey begins at around age 50. If you visit your nearest bookstore, you'll find book after book that will help guide you through every phase of menopause.

But for at least 1 in 100 women, and for no apparent medical reason, menopause occurs as early as age 35, sometimes even younger. Add to that the thousands more women who experience premature ovarian failure due to other medical conditions and treatments, such as cancer, and you've got hundreds of thousands of women left in a vacuum without adequate information on what's happening to their bodies.

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 of premature menopause offers a unique perspective, as she shares her intimate, treacherous and painful journey that started at age 35.

By weaving her own story throughout the book Banerd explains: –the difference between normal and early menopause –risks and benefits of hormone therapy for the early menopausal woman – how to maintain an active sex life –all about supplements for symptom relief –working with your doctor.

About the Author

Karin combines writing with her other passions: teaching, gardening, playing soccer, and raising parrots, sheep, dogs, and her five children. Her writing and photography have appeared in avicultural magazines, textbooks and other educational materials. She is currently working on her next book about midwifery. Karin lives with her family and animals in the countryside near Ottawa, Canada.

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