

menopause

NICOLE JAFF
EVERYTHING you need to know

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'... the simplest, most understandable,
absolutely up-to-date and informative
book on the menopause and
women's health that I have ever read.'

Elizabeth Barrett-Connor MD
Distinguished Professor and Chief, Division of Epidemiology/Family and Preventive Medicine, University of California

Publication	September 2011
ISBN	978-1-92043-420-5
Price	R220.00
Category	Health (Women)
Format	Trade Paperback



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Nicole Jaff is an international menopause expert. She understands the pressures and confusion experienced by women in or approaching menopause and as acts as their guide through the maze of conflicting theories facing these women. Drawing on extensive research, the latest medical information and her experience as a menopause counsellor, Nicole provides the information that women need to manage their health and well-being during mid-life.

Currently working on her PhD on menopause and health risks in black South African women, at the Faculty of Health Sciences, at the University of the Witwatersrand, Nicole is a Registered Counsellor, a certified menopause practitioner with the North American Menopause Society and menopause counsellor at the Wendy Applebaum Institute for Women’s Health at the Wits Donald Gordon Medical Centre. Her full-time career in menopause counselling and research began when an unnecessary hysterectomy plunged her into early menopause. Her mission is to empower women so they can take responsibility for their health in partnership with their doctors. She has written several books and hundreds of articles on menopause, has run numerous workshops for women, consults and speaks at women’s events in her drive to help women make the right choices about their health throughout the menopausal years.

Feedback for her previous book on menopause:

“My computer tells me that this is the 100th book that I have reviewed over the past years. It is the best written with the most clear English of any that I have received.”

– **John McGarry**, Journal of the British Menopause Society
(Menopause International)

For Marketing enquiries contact Thando Nkosi at thando@panmacmillan.co.za
For Publicity enquiries contact Laura Hammond at laura@panmacmillan.co.za

Address: 34 Whiteley Road, Melrose Arch, Johannesburg, 2196
Tel: +2711 731 3440 **Fax:** +2711 731 3540

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