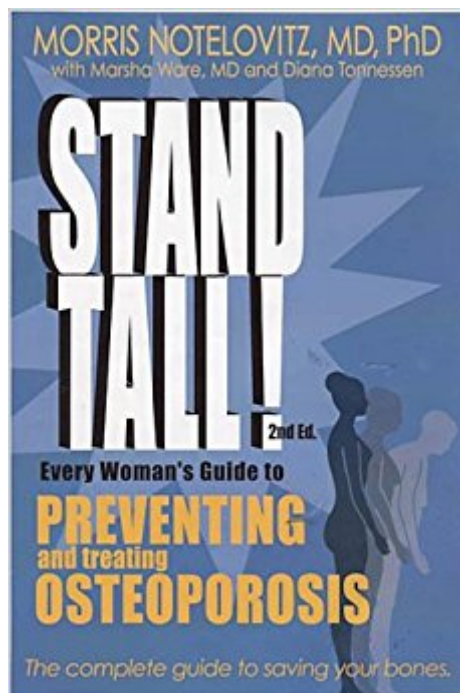




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# Stand Tall! Every Woman's Guide To Preventing And Treating Osteoporosis



## Synopsis

Myth: Osteoporosis is a normal part of getting older. Truth: You can prevent osteoporosis. Dr. Notelovitz has spent his career helping women prevent osteoporosis (or stop its progression), both in his women's clinic and in the 1st edition of *Stand Tall*, which sold over 1 million copies. This all-new edition brings together the latest medical information. It covers every aspect of the problem: how your body controls bone mass; the factors (genetic, hormonal, lifestyle, etc.) that can lead to bone loss; the most accurate way to find out if you are losing bone; therapies (including nutrition; the new non-hormonal drugs; site-specific bone-building exercise) for prevention and/or treatment; side effects of drugs; pros and cons of estrogen; results of the most important research; and a whole lot more. Preventing osteoporosis is still not addressed by all physicians. With *Stand Tall* as a resource, women will have the tools for taking an active role in their own health care decisions and will know how to communicate their needs to their doctor.

## Book Information

Hardcover: 238 pages

Publisher: Triad Publishing Company (FL); 2 edition (July 15, 1998)

Language: English

ISBN-10: 0937404381

ISBN-13: 978-0937404386

Product Dimensions: 9.3 x 6.3 x 1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 2.2 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,412,856 in Books (See Top 100 in Books) #107 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #534 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#) #3349 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

". . . provides vital information to all women who want to protect their bone health and reduce their risk of developing osteoporosis, a disease that is preventable, detectable, and treatable." -- Sandra Raymond, Executive Director, National Osteoporosis Foundation, 7/98

Morris Notelovitz, M.D., Ph.D., is recognized nationally and internationally for his expertise in menopause and osteoporosis. A former professor of obstetrics and gynecology at the University of

Florida School of Medicine, he founded the first medical center devoted entirely to women's health. His other books include: *Menopause & Midlife Health* (with Diana Tonnessen), *Estrogen: Yes or No?*, *Osteoporosis: Prevention, Diagnosis and Management*. Marsha Ware, M.D., co-author of the 1st edition, is a specialist in internal medicine. Diana Tonnessen is a medical writer specializing in women's health topics.

I question the value of this book because it was written in 1998, before the dangers of hormone replacement therapy were known. This edition recommends HRT. 1998 was a long time ago, and research into treatment and prevention of osteoporosis has progressed. Some of this edition's recommendations may be harmful and all should be approached with caution.

My mother has a family history of osteoporosis. Severe, fatal osteoporosis. We were recommended this book by the physical therapist after her second bout with vertebral fractures. It is understandable by lay people and includes very useful and simple changes to make in your life to combat the threat of osteoporosis. It includes testing and interpreting of tests, diet, life habits, medications, and useful exercises.

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Mayo Clinic Guide to Preventing and Treating Osteoporosis  
Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions  
Strong Women, Strong Bones: Everything You Need to Know About Preventing and Treating Osteoporosis  
Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis  
Intergender Wrestling: Tall Women Taming Men: All s are Over 6 Foot Tall. Beautiful and Powerful Tall Buildings: The Proceedings of a Symposium on Tall Buildings with Particular Reference to Shear Wall Structures, Held in the Department of Civil Engineering, University of Southampton, April 1966  
In the Tall, Tall Grass (CBB) Short: Walking Tall When You're Not Tall At All  
The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs  
Walk Tall! An Exercise Program for the Prevention & Treatment of Back Pain, Osteoporosis and the Postural Changes of Aging, 2nd Edition  
Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium

paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too!. Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Healthy Bones & Joints: A Natural Approach to Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis (Storey Medicinal Herb Guide) The Myth of Osteoporosis: What every woman needs to know about creating bone health User's Guide to Preventing & Treating Headaches Naturally: Learn How You Can Use Diet and Supplements to Put an End to Headaches (Basic Health Publications User's Guide)

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