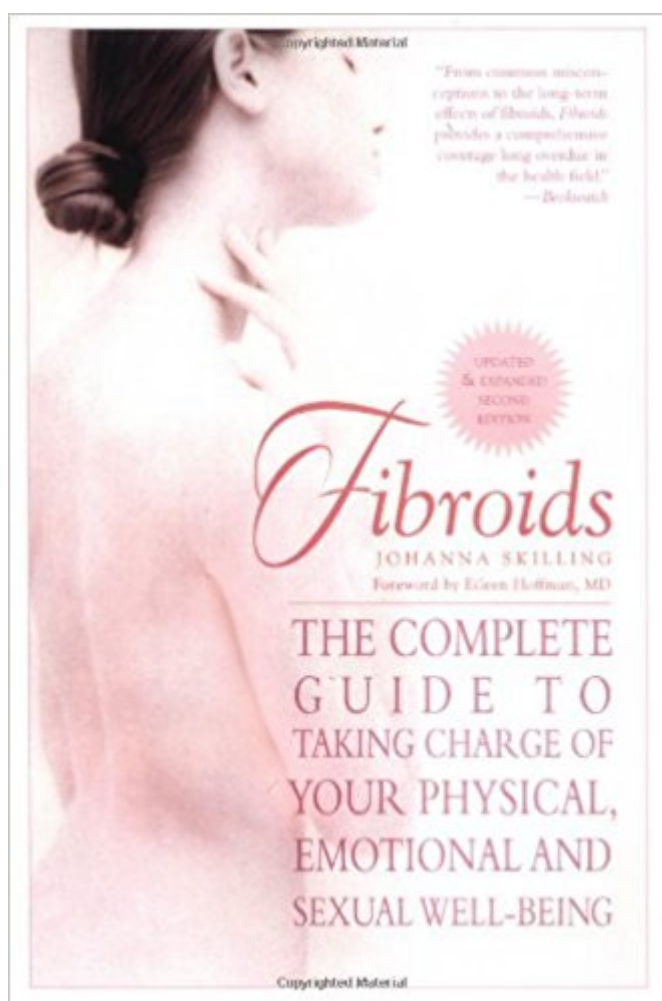


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# Fibroids: The Complete Guide To Taking Charge Of Your Physical, Emotional And Sexual Well-Being



## Synopsis

One out of every four women in the United States has uterine fibroids. Yet all too often they're left with more questions than answers. In this fully revised and updated edition of *Fibroids*, Johanna Skilling, who suffers from fibroids herself, offers a total resource for women with the condition. Skilling covers the full range of issues related to fibroids, including testing and treatment options, emotional issues, diet and lifestyle, and alternative therapies, and features new information gleaned from the latest clinical studies and interviews with experts. Filled with true stories from other women with fibroids who share their experiences, *Fibroids* remains the most comprehensive source of information available about treating and living with this condition.

## Book Information

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## Customer Reviews

"Skilling, who suffers from fibroids herself, has written a comprehensive guide that defines the condition, its symptoms, and the myriad possible treatments."

Johanna Skilling is a senior executive at a major advertising agency in New York. Motivated by her frustration with the inconsistent treatment recommendations she received after being diagnosed with fibroids, she took a year-long break from her career to research and write this book.

Very informative and written with a good sense of humor. I appreciated the honest, yet positive attitude of the author. A great guide to have on your trip to healing fibroids.

This book shares many good information for women who are effected by fibriods. I gives various treatment options. Good book

This book is full of information but not all of it is actually correct. I have learnt through personal experience that some books on fibroids tend to scare people away from hysterectomies with information that is in fact misleading and incorrect. Whilst its true one should thoroughly research and assess their own condition before making a huge decision such as having a hysterectomy I would also caution taking on everything that you read especially when it comes to alternative treatments for fibroids. Sometimes a medical intervention is a godsend and your quality of life will improve dramatically. Whilst this book does have some useful information (particularly if your fibroids aren't causing you problems) this book did not satisfy my need for solid, grounded facts.

Ms. Skilling does an excellent job of guiding you through the emotional aspects of having fibroids. Getting a diagnosis of fibroids is unsettling, even threatening to your psyche, and through her experience and interviews with many others who've experienced fibroids, she explains why you feel the way you do. She also explains the nuts and bolts of fibroids, treatment options, the mind-body connection, as well as diet and lifestyle suggestions. She does all this with well-researched medical information, combined with knowledge gained from her countless interviews with physicians and women who have had treatment for fibroids. She covers every imaginable concern you might have, with a personable writing style with a good dose of humor. I don't think this is the ONLY book you should read on fibroids, as the more you are informed, the more you will feel in charge of yourself, and more confident you will feel to speak about your condition with your health care provider. Other very informative books I found to be most helpful were Uterine Fibroids: The Complete Guide, by Elizabeth A. Stewart, M.D.--excellent for a more detailed explanation of fibroids and how it relates to your anatomy, physiology, and pathologies, as well as the latest up-to-date treatments and research; and Healing Fibroids: A Doctor's Natural Cure, by Allan Warshowsky, M.D., who offers a more holistic approach to treating your fibroids. Ms. Skilling mentions and references both of them in her book. Being more informed about fibroids gave me a sense of calm. I will likely refer to it again, as well as the other books I mentioned. It is an excellent support/guide and reference book to this common, but still not well-understood condition.

This book is a must for any women with fibroids. It explains the various treatment options, the risks associated with the various treatments and things to consider when deciding which treatment is right

for you. It also goes in great detail what fibroids are, what risks are associated with fibroids and things a woman with fibroids needs to consider as well as things you should ask your doctor about your fibroids.

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