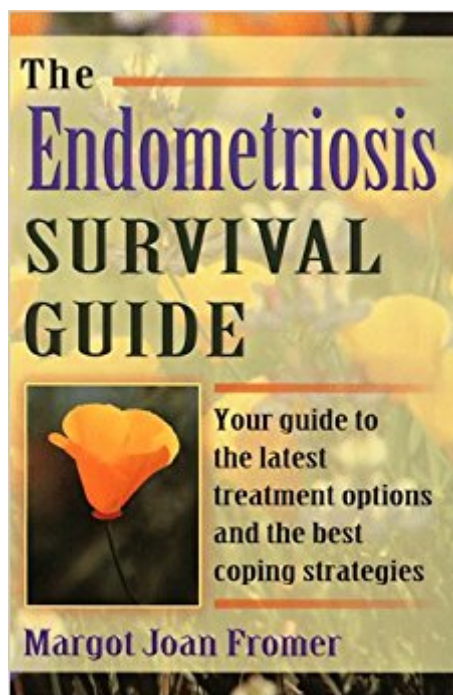




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# The Endometriosis Survival Guide: Your Guide To The Latest Treatment Options And The Best Coping Strategies



## Synopsis

"The Endometriosis Survival Guide" provides the basic information women need to recognize and understand this common but complex disease that often goes undiagnosed. It clears up the myths that have grown up around endometriosis, evaluates the latest treatment options and addresses concerns about infertility.

## Book Information

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## Customer Reviews

A diagnosis of endometriosis can sound like the end of the world, having no known cure or cause and frightening statistics of increased miscarriage or infertility. The best tool to have at your side when combating any health issue is information, and The Endometriosis Survival Guide provides a reassuring bounty. Margot Joan Fromer gives straight talk on what to expect, from doctors who may not take your pain seriously to the likely side effects of treatments. Common treatments such as hormone therapy and laparoscopy are covered in depth, as well as alternative methods such as shiatsu, aromatherapy, the controversial "Natural Estrogen Diet," and more. Her tone is warm and concerned, so the text never lapses into dry jargon. If you or a woman you know has endo, the Survival Guide's brief, well-balanced overview may be just what's needed.

Endometriosis is a condition wherein uterine tissue lodges elsewhere in the pelvic cavity, causing pain and other complications. Medical writer Fromer (Healthy Living with Diabetes, LJ 7/98) explains what it is, how it is treated, and how to cope with the pain and stress that may accompany it. She includes a glossary of medical terms and a list of resource organizations. The material is clear and

could be useful to someone recently diagnosed. However, some of the advice seems flaky ("Dress in bright, cheerful colors"), and many of the recommendations are not backed up by medical studies. In addition, Fromer's discussion of doctors can be offensive (e.g., "in the case of OBGs, they have a unique power to hurt women, and many of them like to"). Your library is probably better off with a book written by a medical professional, like Dr. Susan Lark's *Fibroid Tumors & Endometriosis Self Help Book* (Celestial Arts, 1995).?Elizabeth A. Williams, Houston Acad. of Medicine-Texas Medical Ctr. Lib., HoustonCopyright 1998 Reed Business Information, Inc.

Although Ms. Fromer gives all the treatment options available for endometriosis the information is the same as what you will find in *The Endometriosis Sourcebook*. If you are looking for a complete guide to treating this disease then get the sourcebook and do not waste your time and money purchasing this book.

Apart from not being particularly well written, this book does not deal as much with endometriosis as it deals with the problems women (and men) can have when they have to deal with the health care system. It is written in a negative style, and there is very little help to hand for the endometriosis patient who has to make a decision about the best long-term care available. It is not very well researched and facts are wrong in many places. It feeds old myths about the disease, and gives no new insights into the management of endometriosis.

This is a very badly written negative book. The author did not research the topics very well and she seems to dwell on any negative thing that can happen to a woman. I had to stop reading the book because it was depressing me and turning me into a pessimist about my own fertility.

If you're looking for a book that discusses all possible treatment options for endometriosis, this is NOT the book to buy. The author is extremely negative. I too stopped reading it due to the hopelessness that underlies each chapter. Save your money!

I completely disagree with the other reviewer - I wanted facts and information, not a feel good puff piece and I got exactly what I needed. It sounds like the other reviewer wants to be reading emotional self help books rather than informative medical books.

I did not care for this book at all. I found that the author's chapter on infertility was on the insulting

side.

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