

Library Journal review

September 2, 2009

Horn, Janet, M.D. & Robin H. Miller, M.D. **The Smart Woman's Guide to Midlife & Beyond: A No-Nonsense Approach to Staying Healthy After 50.** New Harbinger. Sept. 2008. c.264p. ISBN 978-1-57224-556-3. pap. \$18.95. HEALTH

Verdict: The supportive, conversational tone and practical advice combined with current information on topics such as hormone replacement therapy and skin care make this a good choice for public and consumer health libraries.

Background: Women's bodies change as they age. This no-nonsense guide by two physicians trained at Johns Hopkins will tell them how to work with rather than against their bodies so that they can enjoy long, healthy lives. Written for women over 50, the book teaches that demographic to be aware of their bodies so that they can recognize symptoms, get proper care, and advocate for themselves. The authors discuss conditions that are common in older women: memory problems, cardiovascular disease, respiratory disease, gastrointestinal problems, and gynecological concerns. They also discuss the importance of diet and exercise. Miller practices integrative medicine, so the book contains information about supplements and alternative therapies as well as traditional medicine. Stories about their patients and their own medical problems add a personal touch.—Barbara M. Bibel, Oakland P.L.