

# PostScript

## BOOK REVIEW

### Estrogen's Storm Season. Stories of Perimenopause

Edited by Jerilynn Prior. Published by Centre for Menstrual Cycle and Ovulation Research (CEMCOR, [www.cemcor.ubc.ca](http://www.cemcor.ubc.ca)). July 2005. Pp 274, \$C23.95, \$US20.95. ISBN 0973827505

Dr Jerilynn C Prior grew up in a remote area of Alaska, earned an honours MD degree in Boston and became a professor at the University of British Columbia in 1994. She recently founded the Centre for Menstrual

Cycle and Ovulation Research. Dr Prior is internationally known for controversial research on ovulation and bone health, perimenopause and progesterone.

According to Susan Love, MD, MBA, "Jerilynn Prior is one of the pioneers in actually studying what happens as women transition into menopause. Her voice is both authoritative and reassuring in this interesting book exploring the range of women's experiences."

This book is a novel about eight women experiencing hormonal and situational challenges, about perimenopause, and about their relationship with an MD, Dr Madrona, who explains their symptoms, and relates them to scientific information. All of the stories in this book are crafted to show the variety of difficulties and problems involved in perimenopause

and to point at how our lives interact with our symptoms. Dr Madrona resembles Dr Jerilynn Prior in many ways, and her methodology—keeping a perimenopause diary, recording basal temperature and progesterone level changes—is the same one she proposes, and is based on strictly scientific criteria. But the book is also an excellent educational tool, an aid for understanding this stormy season in women's lives and for decoding midlife mysteries.

To quote Christiane Northrup, MD, "*Estrogen's Storm Season* provides perimenopausal women (and their healthcare providers) with brilliant insights and practical solutions to help them weather the rigors of this important life stage."

**Carme Valls-Llobet**