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Hot Flashes and Cold Facts

Original title: Hetetokter og Kalde fakta
Publisher: Frisk Forlag 2021
Non Fiction / Health
29000 Words

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Helena Enger is a doctor and specialist in gynecology and obstetrics. She has worked in gynecological/maternity wards in Ålesund, Oslo University Hospital Ullevål and Bærum Hospital before starting at Volvat Medical Center in Oslo in 2005. There she has continued to specialize in menopause-related ailments and their treatment.

In *Hot Flashes and Cold Facts*, you will learn how to prevent and treat the ailments menopause has in store.

Have you entered menopause, or maybe you're just dreading what awaits you there? Then you will be relieved to know that, with a little help, it is quite possible to live your life as before.

By reading this book, you'll get all the knowledge you need to make the transition to this new stage of life as gentle as possible, and insight into your options and the existing forms of treatment. By reading this book you will be equipped to make good decisions for yourself. You deserve nothing less!