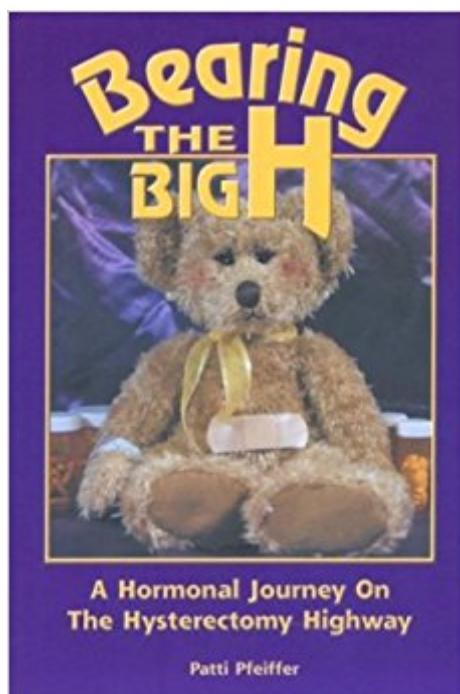


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# Bearing The Big H: A Hormonal Journey On The Hysterectomy Highway



## **Synopsis**

It took surgery for former newspaper reporter, Patti Pfeiffer, to turn author. It was during her own recovery from a hysterectomy that she wrote this enlightening and entertaining book detailing her experiences with endometriosis, laser surgery, laparoscopy, vaginal hysterectomy, surgical menopause, hormone replacement therapy (HRT) and gynecologists. Through chapters titled "Hystery in the Making" and "The Long Gurney Home", readers gain insight into the emotional, physical and mental aspects of surgery, preoperative to postoperative. But more than surgery, "Bearing the Big H" is about the peaks, perks and pitfalls of womanhood. Any woman whether healthy or hindered will relate to the satirical stories describing the experiences exclusive to the childbearing gender. If you have personally shared the author's experiences, or know someone who has had, or is about to undergo a hysterectomy, this book is priceless, upbeat, hilarious - and required reading!

## **Book Information**

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## **Customer Reviews**

"Humor is a powerful tool. Pfeiffer wields it with great skill in this important, fun book." -- Pari for Crosswinds Weekly, Albuquerque, New Mexico in a young, modern Erma Bombeck fashion, Pfeiffer trips down the age-old road of "female problems" with humor..." -- Kathy Zehr, The Ponca City News, June, 2003s

Ms. Pfeiffer's journalistic career spans three decades, several states, and includes both professional as well as personal articles and publications. It was during her own recovery from a hysterectomy -

flat on her back, no way to run, with nothing but a pen and pad to keep her company - that this book came to be written. It is her story of the "her-dles" of womanhood before, during, and after "the Big H".

i dont know what i expected but i didn't know it would be mostly the author tripping out on her husband & constantly complaining when he seemed to put up with her enormous issues....i purchased this book one week b4 my hysterectomy hoping the author who had the same "tah" surgery as i would be a great informant.....after getting past her irritable life syndrome i found a couple of interesting views on the surgery....much 2 pricey for all the drama u have 2 read thru 4 any substanance.....ok thats my opinion & i'm sticking with it...

**Bearing the Big HA Hormonal Journey on the Hysterectomy Highway**By Patti Pfeiffer Book Review by Tracy Levine Although this book is excellent medicine for women planning or recovering from a hysterectomy, it will also be thoroughly enjoyed by any woman who is going through any sort of tough patch right now. Reading this book is like having an understanding and very funny girlfriend in the room with you who's been there. I read this book in about three days and found myself laughing out loud-- sometimes because I could relate to the author, and other times because the way she described even the most horrendous and embarrassing situations, was just downright funny! Although I have not had this traumatic surgery (thank God), I could relate to Pfeiffer through her anecdotes about marriage, weight, and womanly woes. She's a very witty writer--even the titles of the chapters crack me up... "I am Woman, Hear Me Groan," "Hystery in the Making," and "The Long Gurney Home," are some of the better ones. Yes, Pfeiffer's gifted with humor, but she also writes straight from the soul. In her chapter, "No Laughing Matter," she recounts the acute pain that follows post-surgery laughter and grieves the length of time it takes for this side-effect to improve. She laments: "Life without laughter is merely an existence." Pfeiffer bares all in this personal account, which is immensely helpful to a woman planning a hysterectomy. All those questions you might have and were afraid to ask and some you didn't even know to ask(!) will be revealed. She tells you how she dealt with the recovery, as well as the mistakes she made along the way, so that you, a fellow traveler on the hysterectomy highway can learn from her experiences. And in the end, the author did learn..."Recovery gave me the chance to catch my breath, to see my life in another light...This was not an end, but a new beginning for me and mine. And I embrace the time and the limitless possibilities with the eagerness of a child, with the will of a woman."

When I first purchased this book, I thought it would be a fun read and one I could pick up and sit down, at my leisure. NOT. This book is so funny that you barely get over one giggle before another one hits you! Read it at home, not in public. People will stare. I have to ask the author...did these things REALLY happen? The commode lid scene in the hospital had me bent over double laughing! I love this book and am so happy it was recommended to me. I STILL pull it down from "it's place" on my bookshelf and re-read a bit, just for a lift. Don't miss it. You'll be sorry you did...and get your own copy. That way, you can read it over and over. Hey does anyone know if there will be another book?

THE AUTHOR GIVES SOUND ADVICE ON WHAT IT'S LIKE TO EXPERIENCE "THE BIG H." BUT SHE HAS SUCH A TALENT IN THE WAY SHE DESCRIBES EVERYDAY SITUATIONS THAT YOU WILL FIND YOURSELF LAUGHING OUT LOUD AT WHAT SHE SHARES. I HAVE TO SAY, THAT WHEN I FIRST PICKED UP THE BOOK, I WANTED TO JUST SKIM THROUGH IT TO FIND OUT INFORMATION ON THIS PROCEDURE; BUT THE BOOK WAS SO FUNNY; I HAD TO READ IT AGAIN. AND WHILE I WAS READING IT THE SECOND TIME, I LAUGHED OUT LOUD SO MUCH, THAT MY HUSBAND STARTED READING IT !IT'S A FUNNY BOOK BUT VERY INFORMATIVE TOO. I'D RECOMMEND IT TO ANYONE, WHETHER THEY WERE HAVING THE SURGERY OR NOT !

As a retired nurse, I think the vast number of women who undergo removal of their uterus are usually well informed of the surgical procedure, the possible risks, and anatomical changes, but only a rare few are prepared for the hormonal frenzy that follows. Patti Pfeiffer's humorous--and sometimes heartbreaking--account of her surgery and the weeks that followed is a must read, not only for those who have had, or will have, a hysterectomy but for their spouses, too. Even those not involved in this medical dilemma will be amused by Ms. Pfeiffer's journey.

Patti Pfeiffer is an amazing woman, who writes honest and amazing funny books. Being hilarious you still get this important message, how to deal with the big H. Even I haven't been through this experience/challenge myself, I do as a woman, who has been in touch with the medical system, relate to so many things. This book isn't just for women, it certainly will open the eyes of the men going, "Oh my I had no idea!" It isn't every day you'll find a book so honest and yet so funny. I can recommend this book!

My wife and I purchased "Bearing the Big H", at one of Patti's book signings. I was the first to read it. I was pleasantly surprised and read it in a couple of nights. The "big H", is not something a man is normally knowledgeable about but it can drastically affect your relationship with loved ones. Ignorance is definitely not bliss. My review? I've decided to purchase additional books for my parents(in their 80's), sister, and brother for Christmas gifts. Loved the book Patti!

Know how a movie is so good that you don't want to miss a second by taking a bathroom break? This first hand experience written to help us laugh when we would so much want to cry is the perfect gift for yourself and every woman facing a hysterectomy or who ever may. Ms. Pfeiffer becomes a friend as she walks us through the ordeal that every woman can relate to and she comforts us with the knowledge that we too can "bear" whatever life throws at us.

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