



## Recommended Learning about Menopause and Perimenopause

### Books:

*Estrogen Matters* by Dr. Avrum Bluming and Dr Carol Tavaris

Dr. Bluming is a breast oncologist whose wife and later daughter had breast cancer. He writes about the 2002 Women's Health Initiative Study that changed the pathway for women and access to hormone therapy in menopause. He discusses the benefits and safety of hormone therapy. This is a good starter book for someone who wants to learn more about menopause and the safety/benefits of hormone therapy.

*The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts* by Dr. Mary Claire Haver

Dr. Haver is an OB/GYN who transitioned into menopause care. She realized what she learned as an OB/GYN was not enough to help herself or her patients. She went back to school to become a Certified Culinary Medicine Specialist. She developed the Galveston Diet. This book discusses menopause, symptoms, and hormone therapy.

*You Are Not Broken: Stop "Should-ing" All Over Your Sex Life* by Dr. Kelly Casperson

Dr. Casperson shares her perspective as a urologist, coach, and fellow woman wondering, when it comes to sex, "Is this all there is?" Dr. Casperson explores how to adjust your mindset and provides an in-depth look at what makes women physiologically unique. Better sex creates a better relationship between you and your partner.

*Come As You Are* by Emily Nagoski Ph.D.

Dr. Nagoski uses scientific research and her years of experience as a sex educator to change the negative way that women talk, think, and feel about their sexuality. She argues that a scientific perspective on sexuality can free women from unrealistic standards and help them to appreciate their individual experiences. Dr. Nagoski's exploration of topics ranging from basic anatomy and the mechanics of sexual response to individual experiences of arousal, desire, and orgasm. She discusses low libido, "brakes and accelerators" for libido, and how to address them in a healthy way.



### **Podcasts:**

*You Are Not Broken* by Dr. Kelly Casperson

*Women's Health* by Heather Hirsch, MD

*Dr. Streicher's Inside Information: The Menopause Podcast* by Dr. Lauren Streicher

*The Dr. Louise Newson Podcast*

*Hello Menopause!*

### **APP:**

*The Balance App* by Newson Health-a free app to learn about menopause, symptoms, and treatments. A free symptom tracker is available.

*The Rosy App*-membership based personalized wellness app. A free trial is available. Created by medical and mental healthcare professionals. Plans for low libido, migraines, PCOS, menopause, and women in all ages.

### **Websites:**

Balance: <https://www.balance-menopause.com/>

A website by Dr. Louise Newson, a menopause provider in the UK. This website provides information about menopause, hormone therapy, patient stories, nutrition, sexual health and mental health. There are handouts and podcasts available.

The Menopause Society: <https://www.menopause.org>

The Menopause Society is a nonprofit organization with the mission of empowering healthcare professionals and providing them with the tools and resources they need to improve the health of women during the menopause transition and beyond. The Menopause Society has the resources to help women during the menopause transition and beyond.

Let's Talk Menopause: <https://www.letstalkmenopause.org/>

Let's Talk Menopause is a national nonprofit organization invested in changing the conversation around menopause. Women need to have the information they need and the healthcare they deserve for menopause.



The 'Pause Life by Dr. Mary Claire Haver: <https://thepauselife.com/>

Learn about Menopause, treatments, healthy living, nutrition, and connect with the menopause community. Free toolkits and newsletters are available.

\*\*\*This handout is to be used as a guide for education on perimenopause and menopause. The office of Dr. Jay Williamson does not receive any financial compensation for the products recommended. These products are recommended by our office, menopause specialists, gynecologists, urologists, and many patients. If you have any educational recommendations to help our patients, please let us know!