Want to take a closer look at a topic from class?
Here are some places you can start your own learning journey!

Start here!

The Menopause Society is a great place to start. Learn more about current research and medical recommendations, find a provider who is trained in this season of life: The Menopause Society

Want a deeper read? Check out this list of “best books” on menopause from the New York Times: 7 Books to Guide You Through Menopause - The New York Times

While the linked studies aren’t always curated for the non-scientifc crowd, Mary Claire Haver’s ‘Pause Life offers a collection of blog topics. Buyer beware: this is also a marketing site. The 'Pause Life

Some Deeper Dives Into Particular Topics

Why am I so achy? Check out this article from the New York Times that helps explain some of those unexplainable aches and pains you may be having: Has Menopause Made Your Body Ache? There’s a Name for That. - The New York Times

Want some context around who you are seeing in your social media feed on the subject of menopause? Check out this article: How Mary Claire Haver Became the Queen of Menopause - The New York Times

Having some issues with the menopause transition and your work life? This article gives some perspective and can help you ask for what you need from your employer: What Could a Menopause-Friendly Workplace Look Like?

Brain fog? It’s only natural! This TedTalk by a neuroscientist will help you understand your body and mind better! Lisa Mosconi: How menopause affects the brain | TED Talk

The limits of BMI: Learn about the racist and inaccurate nature of using BMI to determine healthy weight from this article from Scientific American: Better Ways Than BMI to Measure Obesity | Scientific American

Supplemental Books

Click on the links below to order one of the reviewed books from an independent bookstore, or check them out at your local library!

What Fresh Hell is This: Perimenopause, Menopause, Other Indignities, and You

Second Spring: The Self-Care Guide to Menopause

Seven Transforming Gifts of Menopause: An Unexpected Spiritual Journey

The Menopause Manifesto: Own Your Own Health with Facts and Feminism

The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts

The New Rules of Menopause: A Mayo Clinic Guide to Perimenopause and Beyond

Menopause checklist - Potential signs

Use this checklist as a way of talking with your health care provider if you are experiencing any of these issues in a way that interferes with your quality of life. Taken from: All You Need To Know About Symptoms Of Menopause - part of the Magnificent Midlife website

The 34 Common Signs of Menopause

- Hot flushes/flashes*
- Night sweats*
- Irregular periods*
- Mood swings*
- Vaginal dryness*
- Decreased libido*
- Headaches
- Breast soreness
- Burning mouth
- Joint pain
- Digestive problems
- Electric shocks
- Muscle tension
- Gum problems
- Tingling extremities
- Itchy skin
- Fatigue*

Menopause checklist - Potential signs

- Anxiety*
- Disrupted sleep*
- Hair loss
- Memory lapses*
- Difficulty concentrating*
- Weight gain*
- Dizzy spells
- Bloating
- Stress incontinence
- Brittle nails
- Allergies
- Irregular heartbeat
- Body odour
- Irritability*
- Depression*
- Panic disorder
- Osteoporosis