

# Learn more about Menopause

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## Websites

[aurora.org](http://aurora.org) Enter “menopause” in the search box to explore Aurora Health Care’s website for information on this topic.

[medlineplus.gov](http://medlineplus.gov) *MedlinePlus* is a comprehensive resource for consumer health information from the National Library of Medicine. Enter “menopause” in the search box to find links to reputable information, including videos and tutorials.

[nia.nih.gov](http://nia.nih.gov) The National Institute on Aging is part of the U.S. Department of Health and Human Services. Enter “menopause” in the search box to link to information, including a 40-page booklet with sections on signs and symptoms of menopause, what to do for hot flashes and other symptoms, and suggestions for nutrition and life style in menopause.

[womenshealth.gov/menopause](http://womenshealth.gov/menopause) Peruse this site for menopause fact sheets, symptom tracker, guide to speaking with your doctor or nurse, and information on how to get a second opinion, menopause and sexuality, symptom relief and treatments, and more.

## Local resources

**Aurora Women’s Pavilion**, 8901 West Lincoln Avenue, West Allis, WI 53227 (414-328-6000). Beginning with an hour-long consultation, professionals at the Aurora Women’s Pavilion can discuss whether hormonal treatment or non-hormonal treatment is the best option. They are able to assess needs and help create a personalized plan of care with regard to menopause symptoms such as hot flashes or concerns about bone health, sexual function, or heart disease.

## Books

***The Hot Guide to a Cool Sexy Menopause: Nurse Barb’s Practical Advice & Real-Life Solutions for a Smooth Transition*** by Barbara Dehn, R.N., M.S., N.P., Basic Health Publications, 1st ed., 2014, ISBN 978-1591203711, 277 pages, \$15.88. Each chapter of the book covers a different aspect of the menopause transition. Rounding out the practical information are true-life stories about women who have experienced the physical, emotional, and spiritual challenges of menopause and how they navigated this journey, growing stronger, more empowered, and healthier.

***The Hormone Cure: Reclaim Balance, Sleep and Sex Drive; Lose Weight; Feel Focused, Vital, and Energized Naturally with the Gottfried Protocol*** by Sara Gottfried, M.D., Scribner, 2014, ISBN 978-1451666953, 480 pages, \$15.75. Dr. Gottfried, a Harvard-educated physician and nationally recognized, board-certified gynecologist, combines natural therapies with rigorous scientific testing to identify the common causes of hormonal imbalance. Based on ten year’s study of cutting-edge medical research as a specialist in functional and integrative therapies, she offers a three-tiered treatment strategy.

***The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms*** by The Editors of *Prevention* Magazine and Melinda Ring, M.D., Rodale Books, 1st ed., 2013, ISBN 978-1609618445, 400 pages, \$12.61. The editors of *Prevention* and integrative medicine specialist Dr. Melinda Ring, distill research into the easy-to-follow 30-Day Slim-Down, Cool-Down Diet, which can help women lose 21 percent more body weight. They promote an easy eating and exercise program and hundreds of drug-free solutions for sleep problems, memory lapses, mood swings, lack of energy, low libido, and strategies to protect against heart disease, diabetes, stroke, osteoporosis, and cancer.

***The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change*** by Christiane Northrup, M.D., Bantam, Revised Updated Edition, 2012, ISBN 978-0553386721, 768 pages, \$23.00. Completely revised, this groundbreaking classic draws on the current research and medical advances in women’s health and includes a new section on sex after 50; updated mammogram guidelines; the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; and strategies to combat osteoporosis and strengthen bones for life.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.