
MENOPAUSE AND BEYOND:

Suggested Reading for Informed Decision-Making

The North American Menopause Society (NAMS) fully supports empowering women with current, accurate information regarding the passage through menopause and beyond so they are better able to make informed decisions about their lifestyle and health care. In the past few years, the literature about menopause has exploded, with hundreds of publications now available. To assist women who wish to read some of these materials, the NAMS Consumer Education Committee annually critically reviews booklets, books, and newsletters/magazines (published before March 2003). Inclusion on this list does not imply, however, that NAMS endorses all the information and treatments discussed in these publications.

BOOKLETS

Order the following booklets directly from the nonprofit organizations that publish them. All costs are in US dollars.

★ Must Read! ★

Menopause Guidebook (2003 ed.)

Early Menopause Guidebook (2003 ed.)

The North American Menopause Society (NAMS)

P.O. Box 94527

Cleveland, OH 44101

Toll Free US/Canada 800/774-5342

Outside US/Canada 440/442-7550

Revised in May 2003, the *Menopause Guidebook* is the leading consumer booklet developed by NAMS, North America's preeminent nonprofit, scientific organization devoted to improving women's health through menopause and beyond. This 60-page guidebook provides current, unbiased information on a

wide variety of menopause issues—including perimenopausal changes (such as irregular menstrual periods, hot flashes, vaginal dryness, and changes in sexual function), advice about postmenopausal health (including prevention of heart disease, osteoporosis, and cancer), and menopause treatment options (such as lifestyle changes, prescription and nonprescription remedies, and alternative/complementary treatments). This current edition has updated information based on recent scientific advances—including recent findings from the Women's Health Initiative (WHI), new FDA labeling for hormones, and new menopause-related treatments—making the guidebook the most current, complete resource for consumers. It also includes a list of additional organizations that can provide help. This booklet can be purchased for \$20 from NAMS (price includes shipping/handling) or from Amazon.com (plus shipping/handling). The *Menopause Guidebook* can be viewed within the NAMS Web site (www.menopause.org) in English and Spanish. A free two-volume braille edition is available from the National Braille Press (617/266-6160).

Also available from NAMS is the *Early Menopause Guidebook*, a 64-page resource, written especially for women experiencing early menopause—either spontaneously or from a medical intervention such as surgery, chemotherapy, or pelvic radiation.

This booklet can be purchased for \$20 from NAMS (price includes shipping/handling) or from Amazon.com (plus shipping/handling). The booklet is featured on the NAMS Web site.

About Your Cholesterol (2002 ed.)

American Heart Association

7272 Greenville Avenue

Dallas, TX 75231

Toll Free US/Canada 800/242-8721

This 30-page booklet is a short and simple, yet comprehensive guideline on cholesterol, an important issue regarding heart health. A free copy can be obtained by calling the American Heart Association.

Healthy Eating: A Guide to the New Nutrition (2003 ed.)

Improving Memory: Understanding and Preventing Age-Related Memory Loss (2000 ed.)

Improving Sleep: A Guide to Getting a Good Night's Rest (2001 ed.)

Menopause: Managing the Change of Life (2002 ed.)

Harvard Health Publications

10 Shattuck Street, Suite 612

Boston, MA 02115

617/432-1485

These four booklets, developed through the publications division of Harvard Medical School, can be ordered online for \$24 each (www.health.harvard.edu/reports).

Healthy Eating: A Guide to the New Nutrition offers 44 pages of practical, current information on healthy diet, vitamins and minerals, healthy snacks, the food-health connection, tips on handling and storing food, additives, pesticides, and shopping for food.

Improving Memory: Understanding and Preventing Age-Related Memory Loss is an easy-to-read, 40-page special health report on the causes of memory problems, available treatments, and ways to improve memory and prevent its loss.

In addition to in-depth information on sleep disorders, including restless leg syndrome, narcolepsy, and sleep apnea, *Improving Sleep: A Guide to Getting a*

Good Night's Rest describes the factors that can disturb sleep, the latest in sleep research, and what you can do to improve sleep.

Menopause: Managing the Change of Life offers 42 pages of timely information on varied aspects of menopause and addresses many of the questions, concerns, and controversies regarding symptom treatment.

Understanding Hysterectomy (1999 ed.)

The American College of
Obstetricians and Gynecologists
409 12th Street, SW
Washington, DC 20024
800/762-2264

This 12-page booklet offers basic information about hysterectomy (removal of the uterus) and conditions affecting the uterus. A copy is available for \$18 for members and \$20 for non-members at the ACOG Web site (sales.acog.org).

Women & Sleep (2001 ed.)

National Sleep Foundation
1522 K Street, NW, Suite 500
Washington, DC 20005
Toll Free US/Canada 888/673-7533
Outside US/Canada 202/347-3471

Published by the leading nonprofit organization dedicated to promoting understanding about sleep, this 16-page booklet addresses sleep issues specific to women, including sleep changes during the monthly menstrual cycle, during pregnancy, and around menopause. To obtain a free copy, contact the National Sleep Foundation.

BOOKS

Check the library for the following resources or purchase a copy from a local bookstore. These titles are also available online at *Amazon.com*. To support NAMS with your purchase, go to the *Suggested Reading List*

at www.menopause.org and click on the link to *Amazon.com*. NAMS will receive a royalty from Amazon for every purchase made through a link from the NAMS Web site.

Aging Well: The Complete Guide to Physical and Emotional Health

Jeanne Wei, MD, PhD,
Sue Levkoff, ScD
New York, NY: John Wiley & Sons,
Inc., 2001

Based on research and procedures used at Harvard Medical School, this book's suggestions aim to help readers prevent specific illnesses associated with aging and to achieve overall wellness. It is divided into three sections, offering good advice on self-care strategies, how to make the health system work for you, and adapting to life's transitions.

Assess Your True Risk of Breast Cancer

Patricia T. Kelly, PhD
New York, NY: Henry Holt &
Company, Inc., 2000

This book reviews risk factors for breast cancer, although it does not include the latest research. It does have women's stories and offers clear, well-documented information and guidance for balanced decision making. The author's experience as a genetic counselor comes through with her insight into the issues that surround this important topic for all women.

CalciYum! Delicious Calcium-Rich, Dairy-Free Vegetarian Recipes

David and Rachelle Bronfman
Toronto, ON: Bromedia, 1998

Tasty, nondairy recipes emphasizing calcium content per serving are provided here—along with a brief description of osteoporosis and dietary approaches to prevention. The husband-and-wife research and writing team even funded

nutritional analyses that resulted in corrections to the FDA databases (on raw vs. cooked information). Its 1998 publication date renders some osteoporosis information out-of-date.

Dr. Susan Love's Breast Book

Susan M. Love, MD, Karen Lindsey
Cambridge, MA: Perseus Publishing,
2000 (3rd ed.)

Written by a breast surgeon, this is widely considered to be the best consumer book addressing breast health and breast cancer.

Dr. Susan Love's Menopause & Hormone Book: Making Informed Choices

Susan M. Love, MD
New York, NY: Three Rivers Press, 2003

A breast surgeon offers a best-selling appraisal of current research about hormones, written in easy-to-understand terms. It also includes a health history and life preference questionnaire for developing a program to fit the unique needs of each individual woman.

Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating

Walter C. Willett, P.J. Skerrett
New York, NY: Fireside Books, 2002

This resource offers information for rethinking the traditional food pyramid. It includes comprehensive chapters on menopause symptoms, soy protein, calcium, and osteoporosis. Each chapter concludes with "putting it into practice."

Estrogen The Natural Way: Over 250 Easy and Delicious Recipes for Menopause

Nina Shandler
New York, NY: Villard Books, 1997

Even though the scientific content is out-of-date, this book is recommended for its great recipes that use foods with mild estrogen-like effects, such as soy and flax seeds. Although more research is needed to prove that these foods have value in treating menopause symptoms or preventing diseases such as osteoporosis, they are widely considered part of a healthy diet emphasizing plant protein.

Fight Fat After Forty

Pamela Peeke, MD, MPH
New York, NY: Penguin Group, 2001

Placing emphasis on balance, harmony, and stress reduction, this book discusses specific strategies for weight control. It also offers a thorough overview of dietary supplements and weight regimens to relieve stress, reduce body fat, and benefit overall health.

For Women Only:

A Revolutionary Guide to Overcoming Sexual Dysfunction and Reclaiming Your Sex Life

Jennifer Berman, MD,
Laura Berman, PhD,
Elisabeth Bunmiller
New York, NY: Henry Holt &
Company, Inc., 2001

Written by sisters (one a urologist, the other a psychotherapist), this book presents clinical, cutting-edge research and a clearly written, comprehensive discussion of female sexual issues with emphasis on the fact that sexual problems frequently have multiple causes. The information about physical, often age-related, problems is unique.

Getting The Sex You Want:

A Woman's Guide to Becoming Proud, Passionate, and Pleased in Bed

Sandra Leiblum, PhD, Judith Sachs
New York, NY: Crown Publishers, 2002

In this book, two well-qualified experts present a discussion of women's sexual evolution and changes throughout the life cycle. They also address midlife and menopause-related sexual concerns, and women's special need for relationships.

Hot Flashes, Warm Bottles

Nancy London, MSW
Berkeley, CA: Celestial Arts, 2001

The unique content of this book offers validation for older first-time mothers nearing menopause, and practical suggestions for renewing physical and sexual energy, parenting after infertility and adoption, balancing career and family, and caring for elderly parents. It is written by a therapist specializing in women's issues, and contains multiple vignettes and personal stories with a support group "sharing style" format.

How to Have Magnificent Sex: The 7 Dimensions of a Vital Sexual Connection

Lana L. Holstein, MD
New York, NY: Harmony Books, 2001

This book offers clear definitions, explanations, testimony, and gentle encouragement written by the director of the women's health program at Canyon Ranch Spa. Its predominant theme deals with feelings that can adversely affect sexual relations. Women of all ages will appreciate this upbeat book—even if they already have "magnificent sex" and simply want to make it "more magnificent." It will undoubtedly help some in thinking through sexual issues and enhancing their experience.

If Not Now, When? Reclaiming Ourselves at Midlife

Stephanie Marston
New York, NY: Warner Books, 2002

Oriented to the psychosocial aspects of menopause, this upbeat book presents a wide range of life situations, including the author's personal commentary about her own midlife along with those of women she has had in therapy.

Kathy Smith's Moving Through Menopause

Kathy Smith
New York, NY: Warner Books, 2002

Written by a leading fitness expert, this concise, easy-to-ready book discusses responses to perimenopausal changes and provides positive guidance for symptom relief. It is a very practical reference with helpful lifestyle exercises, nutritional information, and relaxation techniques for improved well-being.

Menopause, Me and You: The Sound of Women Pausing

Ann M. Voda, RN, PhD
Binghamton, NY: Haworth Press, 1997

Even though this book was published in 1997, it still gives women in early perimenopause a helpful look at what lies ahead. Written by a pioneer in women's health research who is also a NAMS past-president, this book has a wonderful mixture of personal advice and anecdotes, combined with a comprehensive discussion of the processes of menstruation, reproductive aging, and menopause.

Menopaws: The Silent Meow

Martha Sacks
Berkeley, CA: Ten Speed Press, 1995

This whimsical book uses colorful illustrations of cats to present two-dozen functional and fun solutions for common menopause-related complaints. It also offers a detailed bibliography that lists other helpful resources for dealing with menopause.

***Not Your Mother's Midlife:
A Ten-Step Guide to Fearless Aging***

Nancy Alspaugh, Marilyn Kentz
Kansas City, MO: Andrews &
McMeel Publishing, 2003

With the aid of many well-placed vignettes, this 10-step guide to "fearless aging" accepts and legitimizes midlife and aging. It guides the reader through the steps necessary for self-acceptance, empowerment, and a positive midlife passage.

***Off the Rag:
Lesbians Writing on Menopause***

Lee Lynch, Akia Woods
Norwich, VT: New Victoria
Publishers, 1996

These writings by lesbians on menopause give a new insight into how some lesbians feel about their reproductive function, sexuality, the traditional medical structure, and menopause.

***On Women Turning 50:
Celebrating Midlife Discoveries***

Cathleen Rountree
New York, NY: HarperCollins
Publishers, 1993

This is a delightful anthology of personal experiences gathered through interviews with 18 well-known women such as Ellen Burstyn, Carlayne Hunter-Gault, and Dr. Jean Shinolda Bolen. Through prose and poems, they share their discoveries, life visions, and feelings about growing older. The book is beautifully packaged, and the expressions of each woman's experience are timeless.

***Our Bodies, Ourselves for the New
Century: A Book by and for Women***

The Boston Women's Health Book
Collective
New York, NY: Touchstone, 1998

Once branded as radical and banned from libraries, this "mother of modern-day women's health and wellness guides" has become, nearly 30 years later, a mainstream bestseller. Its latest revision maintains a strong feminist viewpoint and continues to heighten awareness that it's OK to demand information and choices. It offers much more than menopause-related information within 700-plus pages. Many believe it is required reading for women interested in learning more about their health. While some of its science is dated, its approach to menopause will never be.

***Prime Time: The African American
Woman's Complete Guide to Midlife
Health and Wellness***

Marilyn H. Gaston, MD,
Gayle K. Porter, PsyD
New York, NY: Ballantine
Publishing Group, 2001

This 500-page guide to midlife health and wellness is directed at African Americans, and includes relevant issues on self-care and coping with midlife's passage. It has a can-do, self-help approach with many women's vignettes. However, some of its science is dated.

Say Goodnight to Insomnia

Gregg D. Jacobs, PhD
New York, NY: Henry Holt &
Company, Inc., 1999

Written by the developer of the Behavioral Medicine Insomnia Program at a prominent Boston medical center, this book describes therapy that incorporates relaxation and other drug-free techniques to treat the thoughts and behaviors that cause sleep disorders. Although the book is not directed exclu-

sively to menopausal women (or even women in general), it is recommended for those who want to learn more about their sleep problems or wish to begin a program to enhance sleep.

***Self-Nurture: Learning to Care for
Yourself as Effectively as You Care for
Everyone Else***

Alice D. Domar, PhD
New York, NY: Viking Press, 2000

From the director of women's health programs at Harvard Medical School's Division of Behavioral Medicine, this book focuses on self-nurturing and offers meditation suggestions to assist the process of learning to care for yourself.

Strong Women Stay Young

Miriam E. Nelson, PhD
New York, NY: Bantam Books, 2000

A scientifically tested exercise program for women with specific strength-training exercises is offered by a leading exercise authority from Tufts University. Her other book, *Strong Women Stay Slim*, is also recommended for women who want to read more about the benefits of exercise.

***Strong Women, Strong Bones:
Everything You Need to Know to
Prevent, Treat, and Beat Osteoporosis***

Miriam Nelson, PhD,
Sarah Wernick, PhD
New York, NY: G.P. Putnam's Sons,
2000

In this third book written by Tufts University's Dr. Miriam Nelson, she translates her work as an exercise physiologist into programs to make and keep women's bones healthy. Motivational and practical, it focuses on exercise, progressive weight training, and the compo-

nents of a “bone tropic” diet. The chapter on drug therapies is out of date.

Sudden Menopause: Restoring Health & Emotional Well-Being

Debbie DeAngelo, RNC, BSN
Alameda, CA: Hunter House
Publishers, 2001

Written by a nurse and health educator who had a hysterectomy and oophorectomy at age 26 for ovarian cancer, this book offers useful information on healthy lifestyle issues, as well as information about bones, heart, dietary supplements, hormones, and handling stress. Published in 2001, it may not reflect current scientific findings.

The 30-Minute Fitness Solution: A Four-Step Plan for Women of All Ages

JoAnn Manson, MD,
Patricia Amend, MA
Cambridge, MA: Harvard University
Press, 2001

This is a very practical, easy-to-read book co-authored by a Harvard Medical School professor and a fitness expert. Some of the content is for much younger women (children, adolescents, pregnant women), but overall the information is good and provides a doable plan for women to achieve physical fitness, no matter what their age.

The Incontinence Solution: Answers for Women of All Ages

William H. Parker, MD,
Amy E. Rosenman, MD,
Rachel Parker
New York, NY: Simon & Schuster, 2002

This compact paperback is full of practical information on the common and frustrating experience of incontinence, and it offers advice and options for treatment. Each chapter presents a

women’s story to illustrate a specific related problem along with a custom-tailored solution.

The New Love and Sex After 60

Robert N. Butler, MD,
Myrna I. Lewis, PhD
New York, NY: Ballantine Books, 2002

This book offers both married couples and older singles that are dating a good mix of philosophy, advice, statistics, and cheerleading.

The Omega Plan: The Lifesaving Nutritional Program Based on the Diet of the Island of Crete

Artemis Simopoulos, MD
New York, NY: HarperCollins
Publishers, 1998

Eating a healthy diet is good advice for everyone. Written by a distinguished member of the US federal research community, this book summarizes the scientific studies on healthy and unhealthy fats, essential fatty acids, and the benefits of the omega-3 fats found in fish, flax seeds, walnuts, and green vegetables.

The Osteoporosis Handbook: Every Woman’s Guide to Prevention and Treatment

Sydney Lou Bonnick, MD, FACP
Dallas, TX: Taylor Publishing, 2001
(3rd ed.)

This book provides well-researched information on the bone-thinning disorder called osteoporosis, plus a particularly good chapter on bone density testing. The section on drug therapies is now out-of date.

The Pause: Positive Approaches to Perimenopause and Menopause

Lonnie Barbach, PhD

New York, NY: The Penguin Group,
2000 (2nd ed.)

A best-selling author with expertise in sexual behavior offers this book, which emphasizes the diversity of menopause-related changes and options for dealing with them. Called a life-and-sanity-saving guide, it includes relevant comments from women whose trial-and-error method of dealing with these symptoms provides a helpful standard of reference. Published in 2000, it may not reflect current scientific findings.

The Premature Menopause Book: When the Change of Life Comes Too Early

Kathryn Petras
New York, NY: HarperCollins
Publishers, 1999

This book is mostly a personal account from a woman who has experienced menopause earlier than usual. Although there are some medical inaccuracies, it provides emotional support, several good resources, and clips from many other women who have reached menopause earlier than typical. Published in 1999, it may not reflect current scientific findings.

The Soy Solution for Menopause: The Estrogen Alternative

Machelle Seibel, MD
New York, NY: Simon & Schuster 2003

In this resource, a physician presents a thorough discussion of soy and soy products, although some conclusions are not well-supported by scientific studies. He explains how the body processes soy and how to add it to your diet for maximum effect.

Transformation through Menopause

Marian Van Eyk McCain
New York, NY: Bergin & Garvey, 1991

Considered mandatory reading by many, this timeless book does not deal with the physical changes and physiologic effects associated with menopause, but rather works through issues such as self-image and empowerment. It offers women a holistic framework for understanding this process as a rite of passage, and it provides guided exercises to help with the exploration of personal feelings and the creation of rituals for this transition.

Women, Weight and Hormones: A Weight Loss Plan for Women Over 35

Elizabeth Lee Vliet, MD
New York, NY: M. Evans and Company, Inc., 2001

Although this book contains medical advice without scientific documentation, it does offer information relevant for many women. This is an easy-to-follow, well-balanced book on the hormonal aspects of weight control.

Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine

Tori Hudson, ND
Los Angeles, CA: Keats Publishing, 1999

Written by a leading naturopathic physician, this book presents a comprehensive overview of complementary and alternative medicine (CAM) approaches for the treatment of many common female health issues, including menopause. However, more recent research contradicts some of its advice.

Women's Moods: What Every Woman Must Know about Hormones, the Brain, and Emotional Health

Deborah Sichel, MD,
Jeanne Driscoll, MS, RN, CS
New York, NY: William Morrow & Company, 1999

This book describes the biology of the menstrual cycle and the influence hormonal changes have on the emotional health of all women, including women with psychiatric illness.

NEWSLETTERS and MAGAZINES

Subscriptions for the following resources should be secured from the publisher. All costs are in US dollars.

A Friend Indeed

Main Floor – 419 Graham Avenue
Winnipeg, MB R3C 0M3, Canada
or
Box 260, Pembina, ND 58271
204/989-8028
www.afriendindeed.ca

Published since 1984, this “grandmother of all menopause newsletters” is a recommended resource in dozens of books about menopause. Founded by Janine O’Leary Cobb and now under the stewardship of the Women’s Health Clinic of Winnipeg, each issue includes a feature article, letters, research findings, and other news. An annual subscription for six issues costs \$30; back issues are also available for a nominal fee.

Dr. Andrew Weil's Self Healing: Creating Natural Health for Your Body and Mind

Thorne Communications, Inc.
42 Pleasant Street
Watertown, MA 02472
Toll Free US/Canada 800/523-3296
www.drweilselfhealing.com

Harvard-educated physician and author Dr. Andrew Weil publishes this monthly complementary and alternative medicine (CAM) newsletter that offers up-to-date information about natural health and healing. An annual subscription of 12 issues costs \$18.

Harvard Women's Health Watch

P.O. Box 420068
Palm Coast, FL 32142
Toll Free US/Canada 800/829-5921
Outside US/Canada 904/445-4662
www.med.harvard.edu

Published by Harvard Health Publications and edited by the faculty from Harvard Medical School, this comprehensive newsletter addresses issues relating not only to menopause, but also to a myriad of health concerns through all stages of a woman’s life. An annual subscription of 12 issues costs \$24 for US subscribers or \$40 for Canadian subscribers. Back issues are also available.

HerbalGram

American Botanical Council
P.O. Box 144345
Austin, TX 78714
Toll Free US/Canada 800/373-7105
Outside US/Canada 512/331-8868
www.herbalgram.org

This quarterly magazine addresses the worldwide use of herbs for all sorts of potential health effects, and provides a comprehensive list of books and pamphlets on botanicals. Published by two nonprofit organizations—the American Botanical Council and the Herb Research Foundation—with an editorial board of leading scientists in the field of herbal pharmacology, this publication is a reliable source of information. A subscription of four issues is free with an annual membership fee of \$50; outside the US, add \$20.

Nutrition Action Healthletter

Center for Science in the
Public Interest
1875 Connecticut Avenue NW,
Suite 300
Washington, DC 20009
202/332-9110
www.cspinet.org/nah

(continued on page 44)