

SUGGESTED READING FOR INFORMED DECISION-MAKING

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Provided by The Women's Place-Midlife Health at <http://hsc.virginia.edu/midlife>

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 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 Education Committee has carefully evaluated and identified the following booklets, books, and newsletters (published before February 1998) as "suggested reading." Inclusion on this list does not imply, however, that NAMS endorses all treatments or alternatives discussed in these publications.

BOOKLETS

***** A Must-Read! *****

The Menopause Series

The North American Menopause Society
P.O. Box 94527
Cleveland, OH 44101-4527

Introduced in September 1996 and updated in September 1997, this must-read, comprehensive series has been developed by North America's leading nonprofit scientific organization devoted to improving women's health through menopause and beyond. These 10 booklets (ranging from 20 to 40 pages long) provide current, unbiased information on a wide variety of menopause issues -- including Menopause Treatments (including alternative methods), Preventing Osteoporosis, Sexuality, Mental Health, Female Cancer, and more. Also includes additional organizations that can provide help. Consumers can receive all 10 booklets along with many other helpful items in the Society's "MenoPak." The materials are now free, but there is a \$5 shipping/handling fee for the U.S. and Canada. Order your MenoPak by calling toll-free 1-800-774-5342 (use VISA or MasterCard for the fee) or write and include a check or money order.

Building Better Bones: A Guide to Active Living

The Osteoporosis Society of Canada
P.O. Box 280, Station Q
Toronto, ON M4T 2M1, Canada

Published by Canada's leading nonprofit organization dealing with osteoporosis, this 16-page booklet is available to individuals free of charge by writing or calling 416-696-2663. In Canada, call the osteoporosis/menopause information line toll-free: 1-800-463-6842.

Menopause and Osteoporosis

National Osteoporosis Foundation
1150 17th Street, NW, Suite 500
Washington, DC 20036-4603

Devoted to improving osteoporosis prevention and treatment, this nonprofit organization offers a helpful 22-page booklet. Individual copies are available free of charge by calling 202-223-2226.

Menopause Handbook

Montreal Health Press Inc.
P.O. Box 1000
Station Place du Parc
Montreal, PQ H2W 2N1, Canada

Published in 1997 by a woman's collective that has produced books on health and sexuality for over 25 years, this 50-page booklet offers good advice as well as insights into a variety of social and political issues which affect the health and well-being of midlife women (especially those in Canada). Order a copy for \$4 by writing or calling 514-282-1171.

Menopause: Let's Talk about It

The Society of Obstetricians and Gynaecologists of Canada
774 Echo Drive
Ottawa, ON K1S-5N8, Canada

This colorful 20-page booklet -- written especially for Canadian women but appropriate for all -- is a concise overview of the key issues. Individual copies are available to the public free of charge by writing or calling 613-730-4192 (in Canada, call toll-free 1-800-561-2416).

Taking Hormones and Women's Health

National Women's Health Network
514 10th Street, NW, Suite 400
Washington, DC 20004

This informative booklet about menopause and hormones -- published in 1995 by a leading public-interest, nonprofit organization dedicated to protecting women's health and health rights -- is available to members for \$6 (nonmembers for \$8) plus a \$1 handling fee. Call 202-628-7814 for information regarding availability of the updated version.

BOOKS

The Complete Book of Menopause: Every Woman's Guide to Good Health

Carol Landau, PhD, Michele G. Cyr, MD, and Anne W. Moulton, MD
New York, NY: Perigee & Berkley, 1995

Written by a psychologist and two general internists, this hardback book is a comprehensive treatment of menopause as a normal stage of life. The inclusive tone is consistently supportive, and pays special attention to the emotional and social aspects of midlife.

Dr. Susan Love's Breast Book

Susan M. Love, MD, and Karen Lindsey
New York, NY: Addison-Wesley, 1995 (2nd ed.)

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

The Essential Heart Book for Women

Morris Notelovitz, MD, PhD, and Diana Tonnesen
New York, NY: St. Martin's Press, 1996
In Canada:
Toronto, ON: McClelland & Stewart, Inc.

Good, nonpatronizing hardback book from a menopause specialist that will help women cut through the heart health myths, determine their risks, and begin informed self-care. Contains references and resource information.

Estrogen: The Natural Way

Nina Shandler
New York, NY: Villard Books, 1997

This hardback book (and the paperback expected in mid-1998) contain excellent recipes using foods such as soy and flax seed with mild estrogen-like effects. Although more research is needed to prove that these foods can prevent osteoporosis or heart disease, they are widely considered part of a healthy diet emphasizing plant protein, and may relieve hot flashes for some women.

Fit Over Forty: A Revolutionary Plan to Achieve Lifelong Physical and Spiritual Health and Well-being

James M. Rippe, MD
New York, NY: William Morrow and Company, 1996

Based on a landmark study that established the first-ever standards for persons over forty, this book (and the Quill paperback published in 1997) offer both women and men excellent, fun-to-read advice as well as ten self-tests for evaluating one's personal fitness level. Written by a Harvard-educated cardiologist who directs the Center for Clinical and Lifestyle Research at Tufts University, these lifestyle guidelines include the first essential steps anyone should take toward a healthy future.

A Gynecologist's Second Opinion: The Questions and Answers You Need To Take Charge of Your Health

William H. Parker, MD, with Rachel L. Parker
New York, NY: Plume, 1996

Written in a question-and-answer format, this hardback book is an easily understood reference book providing clear descriptions of a wide variety of common gynecologic problems and their causes, as well as multiple options about treatment. Not the best reference regarding menopause specifically.

The Harvard Guide to Women's Health

Karen J. Carlson, MD, Stephanie A. Eisenstat, MD, and Terra Ziporyn, PhD
Cambridge, MA: Harvard University Press, 1996

Although not an in-depth discussion of menopause, this book (and the 1997 paperback) provides a basic review of the many varied issues affecting their health at various stages in their lives. Includes over 300 topics covered A-to-Z, over 250 illustrations, and listings of resources.

The Healthy Woman: Menopause and Other Things We Don't Talk About

Susan Davis, MD
New York, NY: Brunner Mazel, 1996

The writing is clear and readable -- and the approach broadminded, allowing for use of

alternative remedies as well as hormone therapy.

Menopause

Isaac Schiff, MD, with Ann B. Parson
New York, NY: Times Books (Random House Div.), 1996 (paperback)
In Canada:
Toronto, ON: Random House of Canada Limited, 1996 (paperback)

Written by a former president of The North American Menopause Society, this comprehensive and easy-to-read book guides readers through menopause and its effects, hormone replacement therapy, and alternatives.

Menopause, Me and You: The Sound of Women Pausing

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

This paperback book, written by a pioneer in women's health research and a past-president of The North American Menopause Society, has a wonderful mixture of personal advice and anecdotes, combined with excellent discussion of the processes of menstruation, reproductive aging, and the menopause. It's especially good for women just approaching the menopause transition.

Menopause, Naturally: Preparing for the Second Half of Life

Sadja Greenwood, MD
Volcano, CA; Volcano Press, 1996 (rev. ed.)(paperback)

First published in 1984, and often cited as the first book written by a physician to treat menopause as a natural event, this updated paperback book suggests medical intervention only when the woman herself decides that it's needed, and gives many useful suggestions for self-care. Winner of numerous Book of the Year Awards. Also available in Spanish (published in 1997 by Panorama Mexico).

150 Most-Asked Questions About Menopause: What Women Really Want to Know

Ruth S. Jacobowitz
New York, NY: Morrow, 1996 (paperback)

The result of 35,000 questionnaires, this consumer-oriented book by an award-winning medical writer and lecturer provides answers to the most common questions about menopause in an accessible Q&A format. Translated into 16 languages.

(The New) Ourselves Growing Older

Paula B. Doress-Worters, Diana Laskin Siegal, and the Midlife and Older Women Book Project
New York, NY: Peter Smith, 1996

A spin-off from *Our Bodies Ourselves*, this widely acclaimed reference book concentrates on health issues for the aging woman. Sections on sexuality and how to manage stress, insomnia, and pain are particularly well-written.

the pause: Positive Approaches to Menopause

Lonnie Barbach, PhD
New York, NY: Plume Books, 1995 (rev. ed.)(paperback)

A sexologist and best-selling author offers a life- and sanity-saving guide for making the "third third" of life productive and fulfilling. Includes traditional as well as alternatives for symptom relief. Plus, there's a chapter for men to help them cope and understand.

Perimenopause: Changes in Women's Health After 35

James E. Huston, MD, and L. Darlene Lanka, MD
Oakland, CA: New Harbinger Publications, 1997

Written by gynecologists, this paperback book focuses on the perimenopause (literally, the "time around menopause"), presenting explanations of why menopause-related changes start as early as in a woman's 30s, gather pace in the 40s, and culminate with reaching menopause (confirmed when periods have ceased for 12 consecutive months at an average of age 51) as well as ways to deal with them.

The PMS & Perimenopause Sourcebook: A Guide to the Emotional, Mental and Physical Patterns of a Woman's Life

Lori A. Futterman, RN, PhD, and John E. Jones, PhD
Los Angeles, CA: Lowell House, 1997

Thorough discussion of premenstrual syndrome (PMS) and the perimenopause transition that can help women in their 30s, 40s, and beyond take personal responsibility for their health through these physiologic/emotional changes.

The Simple Soybean and Your Health

Mark Messina, PhD, and Virginia Messina, RD, with Ken Stechell, PhD
Garden City Park, NY: Avery Publishing Group, 1994

Some aspects of science have gone beyond this paperback book's content, but it's still the best reference for information about soy and its potential health benefits, as well as recipes for tasty dishes made from soy-containing foods.

Strong Women Stay Young

Miriam E. Nelson, PhD
New York, NY: Bantam Books, 1997

This book (and the paperback available in early 1998) present a scientifically tested exercise program for women who are beginners or jocks from the School of Nutrition Science and Policy, Tufts University. It will motivate and help women understand the importance of strength training, and discusses specific exercises for both home and gym routines.

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.

Understanding Menopause

Janine O'Leary Cobb
New York, NY: Plume, 1993 (paperback)
In Canada:
Toronto, ON: Key Porter, 1996 (rev. ed.) (paperback)

A bestseller in Canada since 1988, this book has been revised and updated for American readers. The author has spent more than a decade gathering information about the menopause experience from thousands of women who subscribe to her newsletter, *A Friend Indeed*.

What Every Women Needs to Know About Estrogen: Natural and Traditional Therapies

for a Longer, Healthier Life

Karen Anne Hutchinson, MD, and Judith Sachs
New York, NY: Plume, 1997

Offered in a question-and-answer format, this paperback book from a Yale endocrinologist/gynecologist and a best-selling health writer answers women's questions about estrogen -- both in prescription medicine and in botanical and food sources -- and its effects on everything from sexual desire to memory loss.

What Every Woman Needs to Know About Menopause: The Years Before, During, and After

Mary Jane Minkin, MD, and Carol V. Wright
New Haven, CT, and London: Yale University Press, 1996

This hardback book, written by a Yale gynecologist and her former patient, presents solid facts in a question-and-answer format -- and is primarily useful for its in-depth review of potential gynecological surgeries. Bibliography and resource list.

What Every Woman Should Know: Staying Healthy After 40

Lila E. Nachtigall, MD, Robert D. Nachtigall, MD, and Joan Rattner Heilman
New York, NY: Warner Books, 1996 (paperback)

Easy-to-read presentation from gynecologists emphasizing how women can preserve wellness through perimenopause and beyond. Covers far more than menopause-related issues.

The Woman's Guide to Hysterectomy: Expectations & Options

Adelaide Haas, PhD, and Susan L. Poretz, EdD
Berkeley, CA: Celestial Arts Press, 1995

Any woman facing hysterectomy (surgical removal of uterus) will find this paperback book a thorough, sophisticated treatise of what to expect during and after surgery -- and should make sure, prior to surgery, that the nonsurgical options mentioned here are considered.

Women of the 14th Moon: Writings on Menopause

Dena Taylor and Amber Coverdale Sumrall (eds.)
Capitola, CA: The Crossing Press, 1991

This anthology of women's experiences of menopause provides a wide range of perspectives and a surprising amount of basic information about how to cope. Great bedtime reading.

NEWSLETTERS

Please note that NAMS cannot know what future issues of these newsletters will contain; however, the content of past issues has allowed all below to be included within this suggested reading list.

A Friend Indeed

P.O. Box 1710
Champlain, NY 12919-1710
In Canada:
Box 515, Place du Parc Station
Montreal, QC H2W 2P1

Publisher: A Friend Indeed Publications, Inc. (Janine O'Leary Cobb)

In business since 1984, this "grandmother of all menopause newsletters" is a recommended resource in more than 35 books about menopause. Each issue comprises a feature article, 3-4 pages of letters, a summary of research findings, and other news. The cost is \$30 for an annual subscription of eight 8-page issues. Over 60 back issues cover a wide range of topics and are available for \$3.50 each.

Harvard Women's Health Watch

P.O. Box 420234
Palm Coast, FL 32142-0234

This comprehensive newsletter, published by an organization associated with Harvard University, addresses issues relating not only to menopause but also to a myriad of health concerns through all stages of a woman's life. The cost is \$32 for an annual subscription of twelve 8-page issues.

HerbalGram

American Botanical Council
P.O. Box 201660
Austin, TX 78720

This newsletter addresses the worldwide use of herbs for all sorts of 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 newsletter is a reliable source of information. The cost is \$25 for an annual subscription of four issues.

Menopause News

2074 Union Street
San Francisco, CA 94123
Publisher: Judith Askew

A collection of short, pithy articles with a sense of humor. Each issue contains a page of letters as well as book reviews. Occasionally, an interview format is used for longer articles, taking advantage of many California-based resources -- particularly in the area of alternate remedies. The cost is \$24 for an annual subscription of six 6-page issues (\$30 for institutions).

Tufts University Health & Nutrition Letter

53 Park Place
New York, NY 10007

Published by perhaps the world's leading nutrition research center, this newsletter offers current, scientifically valid advice regarding how diet affects our health, with some articles reaching beyond into other lifestyle issues. The cost is \$24 for an annual subscription of twelve 8-page issues.

