



Finding Menopause Information

Some Books, Videos and Other Resources to Look for:

The Hormone Decision by Tara Parker-Pope, 2008

Hot Flashes, Hormones, and Your Health by JoAnn E. Manson, 2007

For Keeps; Women Tell the Truth about Their Bodies, Growing Older, and Acceptance by Victoria Zackheim, 2007

Our Bodies, Our Selves; Menopause, by the Boston Women's Health Book Collective, 2006

Understanding Menopause, by Janine O'Leary Cobb, 2005

Action Plan for Menopause: Your Guide to a Healthy, Vibrant Transition by Barbara Bushman, 2005

Change of Heart; Women, Menopause, Heart Disease (DVD), 2005

Healthy Transitions; A Woman's Guide to Perimenopause, Menopause & Beyond by Neil Shulman, 2004

Mind Over Menopause: The Complete Mind/Body Approach to Coping with Menopause by Leslee Kagan, 2004

Dr. Susan Love's Menopause and Hormone Book: Making Informed Choices, by Susan M. Love, 2003

The New Truth About Menopause: Straight Talk about Treatments and Choices by Carol Landau, 2003

The New Middle Ages; Women in Midlife by Jean Marmoreo, 2002

The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change by Christiane Northrup, 2001

So Many Changes; Women, Health and Midlife by Mary J. Breen, 1999

The Time of Our Lives: Women Write on Sex After 40 by Amber Coverdale Sumrall, 1993

No More Frogs, No More Princes; Women Making Creative Choices in Midlife by Joanne F. Vickers, 1993

Lesbians at Midlife: the Creative Transition by Barbara Sang, 1991

Women of the 14th Moon: Writings on Menopause by Dena Taylor (Editor), 1991

Women of a Certain Age: the Midlife Search for Self by Lillian B. Rubin, 1990

Also: see resource lists at the websites in the Internet section



Libraries

Search library catalogues for books, videos and more about menopause, midlife, hormones, and other subjects. Check out their websites to connect to online databases and other resources.

For public libraries keep in mind that you will only be able to borrow directly for free from your local one, however your local public library can borrow books from other libraries in other places for you.

Women's Health Care Centre – Resource Centre

<http://www.librarything.com/home/WomensHealthPtbo>

City of Kawartha Lakes Public Library

<http://www.kawarthalakes.canlib.ca/>

Cobourg Public Library

<http://www.cobourg.library.on.ca/>

Douro-Dummer Public Library

<http://library.dourodummer.on.ca/cgi-bin/libsearch.cgi?dbNum=1&action=3>

Haliburton County Public Library

<http://www.libris.ca/hali/>

Havelock-Belmont-Methuen Public Library

<http://www.hbmlibrary.on.ca/>

Peterborough Public Library

<http://www.peterborough.library.on.ca/>

Port Hope Public Library

<http://www.phpl.ca/>

Smith-Ennismore-Lakefield Library

<http://www.mypubliclibrary.ca/>

FourInfo's Public Library listings

<http://fourinfo.cioc.ca/results.asp?STerms=library&SType=O&CMType=S&GHID=&NUM>

You may find that your Public Library isn't listed here. That doesn't mean that they don't have anything or that you don't have one; instead it means either that they didn't have an online catalogue or that I missed them. I apologize for any omissions. You can look up your local library in your phone book, or local services directory.



Local Programs, Groups and Associations

The Women's Health Care Centre occasionally runs workshops and informational programs about menopause. There is also a lending library with menopause resources and a Resource Coordinator to help you find the information you need.

157 Charlotte Street, Peterborough, ON, K9J 2T7
(705) 743-4132 or 1-800-419-3111

Also, if you ask around, check with friends, coworkers, etc., you may find informal connections to menopause information. Also, do not forget to talk to your health professionals.



On the Internet

Women's Health Matters

www.womenshealthmatters.ca

Site from the Women's College Hospital. Go to A-Z Health Topics and click on menopause. A clickable list of articles on menopause and midlife related subjects will appear.

North American Menopause Society

www.menopause.org

Nonprofit organization devoted to promoting women's health during midlife and beyond. Contains information on perimenopause, early menopause, menopause symptoms etc.

Women's Health .gov – Menopause

www.4woman.gov/menopause

American government site with menopause and hormone replacement information.

Facts about Menopausal Hormone Therapy

www.nih.gov/PHTindex.htm

Information and up to date news about the Women's Health Initiative and other studies on hormone replacement therapy and related menopausal concerns.

Our Bodies, Ourselves

www.ourbodiesourselves.org

From the trusted producers of the book of the same name. Both women's health information and links to other good information.

Women's Health .gov – Menopause and Menopause Treatments

www.womenshealth.gov/faq/menopaus.htm

Menopause information from women's health .gov – an American government women's health information website.

CeMCOR – Centre for Menstrual Cycle and Ovulation Research

www.cemcor.ubc.ca/

There is information about premenopause, perimenopause, menopause, hormone treatments, and a variety of other hormone and gynecological health issues at CeMCOR.

OBGYN.net

www.obgyn.net

Women's reproductive system health information for patients and health professionals – including information on hormones, menopause, etc.