

Menopause and Misinformation: Empowering Your Journey

Have you ever felt dismissed by doctors, told your symptoms are imagined, or advised to endure them? I understand your frustration, as I've experienced it firsthand too. I've committed to combating misinformation surrounding Menopause and providing you with the knowledge and support you deserve.

The Need for Up-to-Date Guidance:

Some doctors may not be well-versed in current menopause guidelines, leading to misconceptions about this significant life transition. It's crucial to seek out healthcare professionals who stay informed about the latest developments in Menopause and perimenopause care. Remember, you have the right to access accurate and current information.

Dispelling the Fear of Hormones:

There has been a historical fear surrounding hormone therapy due to breast cancer concerns. However, the truth is that heart health is the leading cause of death in women. Hormone therapy can substantially reduce the risk of heart issues, enhance bone health, and even decrease the risk of dementia by 30%—a substantial benefit that shouldn't be overlooked.



I can't stress this enough: seek Doctors with the current information on Menopause and perimenopause, which might mean going to a few different ones.

I have listed below sources to help the process.

My Journey: An Example

- Age 61
- Menopause age 56 (they tell me that's late, average age 51)
- No children
- Regular periods until Menopause
- Sister with breast cancer with ATM gene at age 45 (I do not have ATM Gene)
- History of cervical polyps and post-menopausal bleeding January 2023

Told by my gynecologist that I can't have HRT (hormone replacement therapy) because of my breast challenges and a sister with breast cancer (data has changed, and I can receive it)

I consulted telehealth with Dr. Corrine Menn of Alloy Health—www.Myalloy.com for only \$35.00.

And was given vaginal estrogen for my genitourinary symptoms. After being diagnosed with a hereditary blood clotting disorder, Factor 8 Levels high, I consulted with her, and the benefit of HRT is greater than the risk. I am a very happy woman.

I can't tell you the relief I experienced from finally being heard by a doctor, even though the outcome wasn't what I wanted. That's why educating yourself and seeking Doctors specializing in Menopause and perimenopause treatments is paramount for the next stage in your journey.

There is no need to suffer anymore!!!!



Empowering You with Information:

At A Confidential Conversation, I want to empower you with the correct information about Menopause. Here are compiled reliable sources to guide you in finding healthcare providers who are knowledgeable about Menopause and perimenopause. Remember, you have the right to advocate for your well-being and seek the support you need.

Navigating Menopause should not be marred by misinformation or neglect. Together, we can challenge the misconceptions and embark on a journey of empowerment and well-being. Explore the resources below and take charge of your menopause journey.

Your faithful Sexpert,
Ann Bell

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Sources to Help You

Alloy Health www.Myalloy.com

Take the free Menopause quiz to start your journey.

North American Menopause Society (find a doctor near you who specializes in Menopause)

<https://portal.menopause.org/NAMS/NAMS/Directory/Menopause-Practitioner.aspx>

NAAMS: North American Menopause Society 2022 Hormone Therapy Position

<https://www.menopause.org/docs/default-source/professional/nams-2022-hormone-therapy-position-statement.pdf>

The American College of Obstetricians and Gynecologists

<https://www.acog.org/womens-health/resources-for-you#q=menopause>

Doctors:

Dr. Corinne Menn, Gynecologist specializing in breast cancer and health.

<https://www.instagram.com/drmennobgyn/>

Dr. Mary Claire, Gynecologist <https://www.instagram.com/drmaryclaire/>

Dr. Kelly Casperson, Urologist. You are not broken, book and podcast.

<https://www.instagram.com/kellycaspersonmd/>

Podcast link Dr. Kelly Casperson:

Genitourinary Symptoms of Menopause 101

<https://open.spotify.com/episode/4Da9hQnA5iRwh9WnaxwRAo>

Books:

Estrogen Matters: Why taking hormones in Menopause can improve women's well-being and lengthen their lives without raising the risk of breast cancer

by Dr. Avrum Bluming, MD and Carol Tavris, PhD

You Are Not Broken by Dr. Kelly Casperson

Come As You Are, Emily Nagoski Ph.D