



## Menopause: Customer Resources

Alexander, Ivy PhD, C-ANP, and Karla Knight, RN, MSN. *100 Questions and Answers about Menopause*. Sudbury, Massachusetts: Jones and Bartlett Publishers, 2005.

Altman, Alan MD and Laurie Ashner. *Making Love the Way We Used To...Or Better: Nine Secrets to Satisfying Midlife Sexuality*. NTC/Contemporary Publishing, 2001.

The Boston Women's Health Book Collective and Vivian Pinn. *Our Bodies, Ourselves: Menopause*. New York: Simon and Schuster, 2006.

Northrup, Christine MD. *The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change*. New York: Bantem Dell Publishers, 2001.

Shulman, Neil, MD, and Edmund Kim, MD, OB/GYN. *Healthy Transitions: A Woman's Guide to Perimenopause, Menopause, and Beyond*. New York: Prometheus Books, 2004.

Teaff, Nancy Lee, MD, and Kim Wright Wiley. *Perimenopause: Preparing for the Change*. Roseville, California: Prima Publishing, 1999.

Wingert, Pat and Barbara Kantrowitz. *Is it Hot in Here? Or it is Me? The Complete Guide to Menopause*. Workman Publishing Company, 2006.

## Online Resources

The American Association of Sexuality Educators, Counselors and Therapists: [www.aasect.org](http://www.aasect.org)

American Menopause Foundation: [www.americanmenopause.org](http://www.americanmenopause.org)

Association of Reproductive Health Professionals, Menopause Resource Center: [www.arhp.org](http://www.arhp.org)

National Institute on Aging: [www.nia.nih.gov](http://www.nia.nih.gov)

National Women's Health Network: [www.nwhn.org](http://www.nwhn.org)

The National Women's Health Information Center: [www.4women.gov](http://www.4women.gov)

The North American Menopause Society: [www.menopause.org](http://www.menopause.org)

National Women's Health Resource Center: [www.healthywomen.org](http://www.healthywomen.org)

Planned Parenthood Federation of America (midlife services): [www.plannedparenthood.org](http://www.plannedparenthood.org)

