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MOTHERHOOD TO MENOPAUSE
MIDWIFERY CARE

Internet Resources (WWW)

- menopause.org Maintained by NAMS: North American Menopause Society the governing organization that provides guidelines for practice and treatment and supported by numerous medical organizations:
- <http://www.menopause.org/docs/default-source/2017/nams-2017-hormone-therapy-position-statement.pdf>
 - <http://www.menopause.org/docs/default-source/for-women/menonote-deciding-about-ht-2017.pdf>
- strongwomen.com For health, exercise, and nutrition information
Mayohealth.com Access the **WOMEN'S CENTER**
americanheart.org Current information on heart disease and stroke
nof.org National Osteoporosis Foundation
nafc.org/kegel How to do kegels properly
cdc.gov Center for Disease Control and Prevention
avivaromm.com Aviva Romm - midwife, family medicine physician, herbalist

LIKE Motherhood to Menopause Midwifery Care on Facebook: <https://www.facebook.com/midwifeclinician>

Relationship challenges, access the Gottman Institute: <https://www.gottman.com/>
Sexual health therapy at: <https://www.sexualhealth.umn.edu/clinic-center-sexual-health>
Smitten Kitten a sex accessory store in Minneapolis and more: <https://www.smittenkittenonline.com/>

Cardiovascular screening through the Rasmussen Center of the University of Minnesota is covered by most insurance carriers: <https://www.mhealth.org/care/services/rasmussen-center-for-cardiovascular-disease-prevention>

Discounted prescriptions resources. Here is a list of smartphone apps that regularly secure prescriptions at a reduced cost through many participating pharmacies:

- <https://www.goodrx.com/>
- <https://www.singlecare.com/rx>
- <https://www.wellrx.com/discount-pharmacy-prices/>

Printed Resources

1. The wisdom of menopause by Christiane Northrup, MD
1. Why we sleep by Matthew Walker, PhD
2. The menopause solution by Stephanie Faubion, MD of Mayo Clinic
3. This ain't your mother's menopause by Colleen Hathaway, DC (Chiropractor)
4. Strong women, strong bones by Miriam Nelson, PhD
5. Women's hormones by Pamela Wartian, MD/MPH
6. What's age got to do with it by Robin McGraw