

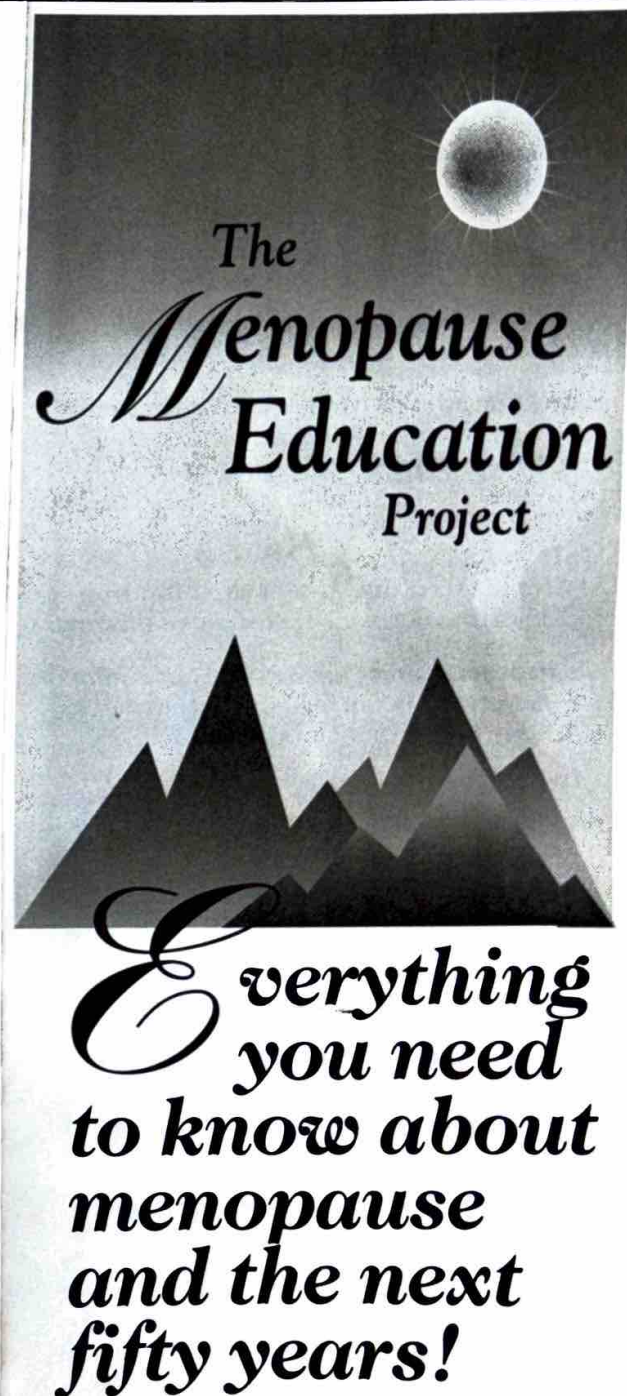
## ***Founder and Director of The Menopause Education Project***

**Pat Camillo R.N.C., M.S.**

Pat is a Clinical Nurse Specialist in Women's Health and an Ob-Gyn Nurse Practitioner with over 15 years experience in this field. She currently teaches nurse practitioner students in the School of Nursing at the University of Minnesota. In addition, she is enrolled in the doctoral program in nursing with a secondary concentration in medical anthropology at the University of Wisconsin at Madison.

In June of 1993, Pat shared The Menopause Education Project with nurses from around the country at the National Meeting of the American Academy of Nurse Practitioners in San Antonio, Texas. Nurses from over 20 states and Guam expressed an interest in participating in this project. The numbers continue to grow because the needs are so great !

**If you have any questions or concerns related  
to this project, you can contact Pat at  
612-624-3903.**



The  
*Menopause*  
Education  
Project

*Everything  
you need  
to know about  
menopause  
and the next  
fifty years!*



## ***What is the Menopause Education Project?***

The Menopause Education Project has two components:

First, it is an organized program of continuing education for nurses and other health professionals and second, it is a health education program for middle years women.

This program attracts women who are presently experiencing or anticipating menopause. It is offered by a network of nurses who are dedicated to the following goals:

- 1. To provide education to middle years women regarding the menopausal transition and hormone replacement therapy.*
- 2. To provide preventive health care information to women focusing on cardiovascular, breast and bone health.*
- 3. To empower women to become educated consumers of health care and partners with their health care providers.*

## ***Our Philosophy***

- Menopause is not an illness. It is an experience that every woman has as part of her middle years.
- Women have a right to access ALL information and research regarding menopause and hormone replacement therapy.
- Women have a right to know and understand ALL of their options regarding the management of menopause.
- Women have a right to consult with healthcare providers who have specific expertise in the understanding and management of menopause.

## ***Our Program***

A small group of 8-12 women meet once a week for two hours over a five week period. The facilitator/educator of the group is a registered nurse who has a special interest and advanced education in content areas specific to menopause.

### ***Topics Include:***

- ***Signs and Experience of Menopause:***  
When do you know you are in menopause?  
What can you expect? What is perimenopause?  
What tests are available to determine whether or not you are in menopause? Does everyone have the same experience during menopause? Will menopause affect your mood and sexual libido?
- ***Hormone Replacement Therapy: ( HRT )***  
What kinds of hormones are available? What's the difference between pills, patches and creams? What are the options for scheduling hormone replacement therapy? What are the advantages/disadvantages? Who should not consider hormones? What is the effect of HRT on bone, breast and cardiac health?
- ***Alternative and Complementary Therapies:***  
What about using Chinese herbs and roots to relieve symptoms? What about vitamins?  
Do changes in diet and exercise have any effect?  
How can you cope with hot flashes and lack of sleep?
- ***Prevention of Osteoporosis, Breast Cancer and Heart Disease:*** Should calcium be taken as a supplement? How much? What kind? What about tests to determine bone density? When, where and how often should women get mammograms? How can you do self breast exam without panic? What foods effect bone, breast and cardiac health? What kinds of exercise improve bone and cardiac health?

## ***Our History***

In the fall of 1992, a group of nurse practitioners attended a conference on menopause sponsored by the Third District Nurses of the Minnesota Nurses Association. As these nurses discussed the issues facing women during their middle years, it became clear that there was a tremendous need to offer straightforward, unbiased, accurate information about menopause and its management.

We have a long tradition in nursing in meeting these needs. When women sought education and support regarding the childbirth experience, we led the way and empowered women with knowledge. By networking with one another and sharing the most current information on menopause, we believe The Menopause Education Project serves as a crucial link for women in obtaining and understanding the information they need to make informed choices about their health.

**Menopause Educators** are highly qualified registered nurses who can provide you with accurate, research based information. We have been educated to understand the human experience of menopause from a biological, psychological and socio-cultural perspective. Our ultimate goal is to educate and empower women with the education they need to make informed choices.

The Menopause Educator In Your Area Is:

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Her Contact Number Is:

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The Cost For The Five Week Program Is:

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