



Podcast Show Notes

Midlife: Unmasked

Guest: Sarah Tupper, MS, APRN, FNP-C, DipACLM, MSCP

Episode 10: Midlife, Informed: How Women Can Take Charge of Their Health and Independence

Episode Topic: Empowering women to take an active role in their health during midlife and menopause using lifestyle medicine and personalized care strategies.

Opening Script and Bio:

Sarah Tupper is a board-certified Family Nurse Practitioner and Diplomate of the American College of Lifestyle Medicine and Menopause Society Certified Practitioner (MSCP). She brings a client-centered approach to primary care, partnering with individuals to co-create personalized, achievable health goals. With dual master's degrees in Family Practice and Health Systems Administration with a focus in Informatics, Sarah blends clinical expertise with technology to empower clients and support sustainable lifestyle changes. Her clinical interests include lifestyle medicine, young adult health, and women's health. Sarah is committed to using evidence-based strategies to prevent and manage chronic conditions and improve overall well-being.

Resources

American College of Lifestyle Medicine (ACLM) - <https://lifestylemedicine.org>

The Menopause Society - <https://menopause.org>

Menopause & Women's Health Research - <https://womenshealth.gov/menopause/womens-health-research>

Women's Health Initiative Findings - <https://www.whi.org/md/whi-findings>

Women's Health Initiative 30 Years Later - <https://www.nih.gov/news-events/news-releases/researchers-review-findings-clinical-messages-women-s-health-initiative-30-years-after-launch>

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