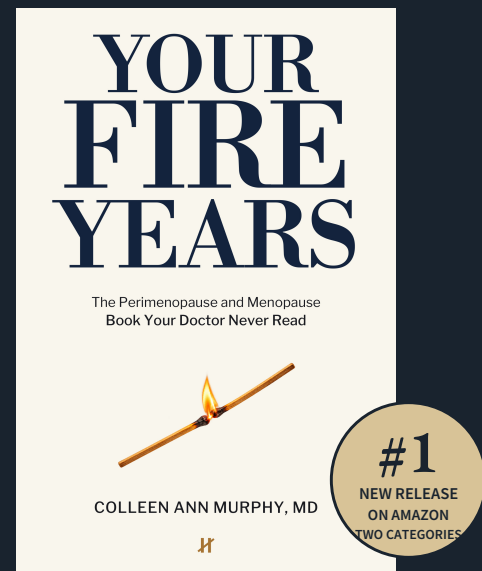


THE PRESS KIT / OCTOBER 2026

The Bedside *Brief.*

Your vagina is allowed on the agenda.
So is the corner office.

Colleen Ann Murphy, MD
Physician. Author. Still making plans.



Amazon #1 New Release

IN TWO CATEGORIES

Women's Sexual Health · Paperback
Sexuality · Kindle

Category rankings captured October 22, 2026.

CHOOSE WHAT YOU NEED

02 / Meet your next guest

03–04 / Timely stories & interview angles

05–06 / Conversation deck & The Unedited Minute

07–10 / Facts, bios, practice & booking

A PRESS KIT YOU MIGHT READ UNDER THE COVERS.

drmurphy@unpausedclub.com

THE BEDSIDE BRIEF / OCTOBER 22, 2026

START HERE / 01

YOUR NEXT GUEST

Colleen Ann Murphy, MD

Physician. Author. Medical answers. A little heat.

Amazon #1 New Release

IN TWO CATEGORIES

Women's Sexual Health (paperback) · Sexuality (Kindle)
Category rankings captured October 22, 2026.



WHY TRUST HER / THE EXPERIENCE

Board-certified in integrative medicine. Nearly twenty years of attending practice. Former Chief Medical Officer and Chair of Medicine.

WHY THIS BOOK / THE VALUE

Medical explanations, treatment options and words for the question she keeps editing.

WHY LISTEN / THE CONVERSATION

Frank enough to say it. Clear enough to use it. Sleep, sex, work and the life she wants ahead.

CHOOSE YOUR AUDIENCE'S CONVERSATION

The sex she'd like to be having. Desire, painful sex and the question she almost didn't ask.

The appointment she rehearsed in the car. She had the whole speech ready. Then she said, "Fine, mostly."

She earned her place. Her care should keep up. Menopause, professional identity and what better support can look like.

The 3 a.m. group chat. The rest of the house is asleep. Her brain has opened seventeen tabs.

The book

Your Fire Years: The Perimenopause and Menopause Book Your Doctor Never Read
October 5, 2026 · Unpaused Club · Paperback \$20 · Ebook \$4.99

Book Colleen

In-studio NYC or remote. Send outlet, audience, angle, format, date and deadline.

drmurphy@unpausedclub.com · [Press Room & approved assets](#)

THE STORY BEYOND THE BEDROOM

The corner office. The bedroom. The years ahead.

She has plans. Her care should keep up.

Menopause can arrive during years of substantial experience, responsibility and ambition. A natural life stage can bring symptoms that deserve medical attention. Women deserve to speak plainly, discuss effective treatment, including medication when appropriate, and expect more from the years ahead.

Ask Colleen: “What changes when we stop treating menopause as something a capable woman should quietly endure?”

A CHANGING LANDSCAPE / STATUS CHECKED OCTOBER 22, 2026

THE MENOPAUSE SOCIETY / FALL 2026 PILOT

Making Menopause Work™ has a full fall 2026 pilot cohort and is recruiting for spring 2027 and beyond. Its program addresses employee education, manager support and workplace practices.

[Program status](#)

RHODE ISLAND / ENACTED

A law signed June 24, 2025 expressly added menopause-related workplace protections, including reasonable accommodations unless they impose undue hardship.

[Legislature's account](#)

ILLINOIS / ENACTED, FUTURE EFFECTIVE DATES

The state lists menopause training measures effective January 1, 2027 and the Menopause Equity and Care Act, including workplace provisions, effective January 1, 2028.

[State legislative overview](#)

NEW YORK / PROPOSED

Assembly bill A5436B addresses discrimination and awareness around menstrual, perimenopausal and menopausal conditions. It remains in Assembly committee; it is not an enacted entitlement.

[Official bill status](#)

Colleen speaks from a physician's perspective. For employment-law interpretation, pair the segment with a qualified legal specialist. Policies vary; recheck status before broadcast. Society membership does not imply program affiliation or endorsement.

GIVE THE PRODUCER A STARTING POINT

Pick the conversation.

A strong opening, a useful question and a takeaway worth sharing.

01 / SEX HURTS

The sex she'd like to be having.

Desire, painful sex and the question she almost didn't ask.

Ask: How can a woman separate pain, desire and relationship concerns when she talks with her clinician?

Audience takeaway: A clearer sentence to bring to an appointment; no one-size-fits-all prescription.

[Companion resource: Sex hurts](#)

02 / RUN THE VISIT

The appointment she rehearsed in the car.

She had the whole speech ready. Then she said, "Fine, mostly."

Ask: What should she write down so the important question actually gets asked?

Audience takeaway: Three concerns, a dated symptom record and one question to ask before leaving.

[Companion resource: Run the Visit](#)

03 / BRAIN FOG

She earned her place. Her care should keep up.

Menopause, professional identity and what better support can look like.

Ask: What can clinical care and practical workplace support each contribute?

Audience takeaway: A dated symptom record, an appointment plan and a clearer support conversation.

[Companion resource: Brain fog](#)

04 / WAKING AT 3 A.M.

The 3 a.m. group chat.

The rest of the house is asleep. Her brain has opened seventeen tabs.

Ask: What belongs in the conversation about disrupted sleep in midlife?

Audience takeaway: Track what woke her and bring the pattern to a clinician.

[Companion resource: Waking at 3 a.m.](#)

A PRODUCER'S CONVERSATION DECK

The questions she nearly deleted.

Pick one. Let her finish the sentence.

01 / DESIRE

“I love my partner. Where did my desire go?”

Separate desire, discomfort and the circumstances around sex.

02 / COMFORT

“Why am I pretending sex doesn't hurt?”

Give pain its own conversation and clinical assessment.

03 / PLEASURE

“Can we talk about orgasms without whispering?”

Make pleasure a legitimate part of the clinical conversation.

04 / SLEEP

“Is everybody else awake at three?”

Move from one bad night to a dated pattern worth discussing.

05 / IDENTITY

“I run the meeting. Where did the word go?”

Describe changes in mood and concentration without self-diagnosing.

06 / THE APPOINTMENT

“How do I say the part I keep editing?”

Write the actual question before entering the room.

Suggested prompts, not quotations from readers. Discuss general education on air; individual symptoms need individual assessment.

A SIGNATURE SEGMENT FOR YOUR SHOW

The Unedited Minute.

One question. A frank answer. Something useful to take away.

Ready-to-read host opening

“You know the question you edit before you ask your doctor? We’re going to say it out loud. Dr. Colleen Murphy, I’m choosing this one...”

00–20 SECONDS / SAY IT

Choose a card. Read the actual question. “Can we talk about orgasms without whispering?” “Why am I pretending sex doesn’t hurt?” Let the question land.

20–40 SECONDS / OPEN IT UP

Ask Colleen: “What does this deserve a conversation about?” Name what needs assessing, what women can describe and why it belongs in medical care.

40–60 SECONDS / TAKE IT HOME

Ask: “What is one useful question she can bring to her own clinician?” End with a sentence the listener can write down. Timing is flexible; a sensitive answer deserves room.

HAVE SEVEN MINUTES? MAKE ROOM FOR THE WHOLE ANSWER.

1 minute: choose the question. **2 minutes:** unpack what it can mean and what needs assessment. **2 minutes:** discuss how care is individualized. **1 minute:** prepare for the appointment. **1 minute:** leave the audience with a free resource and the book for further reading.

The Ten: answer privately while you listen

Run the Visit: bring the question into the room

Fire Score: bring a dated symptom record

Suggested format, not a completed or previously aired segment. General education, not individual diagnosis. The tools are free; no purchase or membership is required.

THE FACT SHEET

Your Fire Years

The Perimenopause and Menopause Book Your Doctor Never Read

Author

Colleen Ann Murphy, MD

Publisher

Unpaused Club

Publication

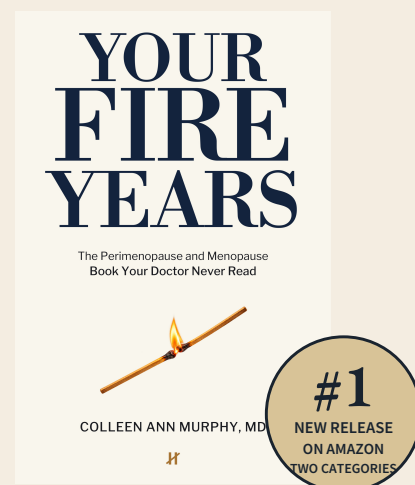
October 5, 2026 · First edition

Paperback

534 pages · \$20 · ISBN 979-8-9984513-0-0

Ebook

\$4.99 · ISBN 979-8-9984513-1-7



Amazon #1 New Release

IN TWO CATEGORIES

Women's Sexual Health (paperback) · Sexuality (Kindle)

Recorded from Amazon.com product-page badges on October 22, 2026. This is a category-specific new-release milestone; it is not an overall Amazon sales ranking.

WHAT IS INSIDE

Medical explanations, treatment options and the conversations women have been putting off. Hormones, disrupted sleep, brain fog, mood, sexual health, desire, muscle, bone and the years ahead.

Find the book: paperback and Kindle on Amazon; other ebook retailers through Books2Read. An abridged audio edition and free reading and listening samples are linked on the Book page. Prices and availability may change.

[Book, samples and retailer links](#)

Media: drmurphy@unpausedclub.com · In-studio NYC and remote interviews.

[Current credentials, news and approved materials](#)

READY FOR AN INTRODUCTION

Meet Colleen.

Copy-ready wording for show notes, introductions and coverage.

SHORT BIO

Colleen Ann Murphy, MD, is a physician and the author of *Your Fire Years: The Perimenopause and Menopause Book Your Doctor Never Read*. She is board-certified in integrative medicine through the American Board of Integrative Medicine (ABOIM), a Fellow of the Academy of Integrative Health and Medicine with honors, and a Full Member of The Menopause Society. Her book reached **Amazon #1 New Release in Women's Sexual Health (paperback) and Sexuality (Kindle), with category rankings captured October 22, 2026.**

LONG BIO

Colleen Ann Murphy, MD, is a physician and the author of *Your Fire Years: The Perimenopause and Menopause Book Your Doctor Never Read*. She began her career in a rural health clinic in a town of 5,000. Her career was spent in medically underserved communities. Nearly twenty years of attending practice included work as a hospitalist, Chief Medical Officer and Chair of Medicine.

She is board-certified in integrative medicine through the American Board of Integrative Medicine (ABOIM), a Fellow of the Academy of Integrative Health and Medicine with honors, and a Full Member of The Menopause Society.

Her book brings medical explanations, treatment options and frank conversation about sleep, sex, mood, muscle, bone and the years ahead into the same room. It reached **Amazon #1 New Release in Women's Sexual Health (paperback) and Sexuality (Kindle), with category rankings captured October 22, 2026.**

She is the physician behind Fire Years Medicine, a concierge telehealth practice opening in New York in January 2027. The practice is capped at 100 women and is separate from Unpaused Club, the free community named by the book. She is available for in-studio interviews in New York City and remote interviews.

SUGGESTED SPOKEN INTRODUCTION

Our guest is physician and author Colleen Ann Murphy, MD. She is board-certified in integrative medicine, a Full Member of The Menopause Society, and a former Chief Medical Officer and Chair of Medicine. Her book is *Your Fire Years: The Perimenopause and Menopause Book Your Doctor Never Read*. Today we're talking about the sleep women aren't getting, the sex they'd like to be having, and the questions that deserve a full conversation.

FIRE YEARS MEDICINE

Your physician. Your care. Your space.

One physician. 100 women. You see me every time.

Fire Years Medicine is Colleen Ann Murphy, MD's concierge telehealth practice for women in perimenopause, menopause and the decades after. Opening January 2027, with clinical care available to eligible patients located in New York at launch.

Small on purpose.

A practice capped at 100 women, built around continuity, time to finish the conversation and follow-through between visits.

The whole woman in view.

Sleep, sexual health, mood, muscle, bone, weight and cardiovascular risk considered together. Hormonal and nonhormonal pathways are available when appropriate.

Care that comes to you.

Telehealth visits, home or office blood draws, and eligible at-home screening. In-person assessment and specialist care are coordinated when needed.

A book is an introduction.

Read how Colleen explains the evidence and the questions worth asking before deciding whether the practice fits. A signed copy of Your Fire Years and a handwritten note are part of the membership welcome.

For coverage: Fire Years Medicine is separate from Unpaused Club, the free community named by the book. The practice does not replace primary care, urgent care or emergency care. Membership details and availability are on the Practice page.

[Explore the practice](#)

FOR PRODUCERS, EDITORS AND HOSTS

Let's talk about the part she left out.

Interviews. Podcasts. Print. Video.
In studio in New York City or remotely.

Request an interview

drmurphy@unpausedclub.com

SEND THESE DETAILS

Your outlet and audience. The angle you want to explore. Format and duration. Live or recorded.
Proposed date, deadline and time zone. Producer or assistant contact.

EVERYTHING IN ONE PLACE

[Press Room: current news, bios, portraits and downloads](#)

[Book: samples, paperback, Kindle and other retailers](#)

[Practice: model of care, membership and availability](#)

[Free tools: The Ten, Fire Score and Run the Visit](#)

For review-copy inquiries, email your publication or platform, audience, proposed coverage and timing.

*Read it under the covers.
Talk about it at brunch.*