

SUPPLEMENTAL READING

Thebe A: Menopocalypse: How I Learned to Thrive During Menopause and How You Can Too; Greystone Books 2020.

<https://amzn.to/3v89E8T>

ARTICLE LINKS

Changes in Regional Fat Distribution and Anthropometric Measures Across the Menopause Transition

Gail A Greendale,¹ Weijuan Han,¹ Joel S Finkelstein,² Sherri-Ann M Burnett-Bowie,² MeiHua Huang,¹ Deborah Martin,³ and Arun S Karlamangla¹; J Clin Endocrinol Metab. 2021 Sep; 106(9): 2520–2534. Published online 2021 Jun 1.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8372653/>

Association of Physical Activity and Physical Functioning Phenotypes With Fall Risk Among Women

Kelly R Ylitalo , Carrie A Karvonen-Gutierrez , Barbara Sternfeld , Kelley Pettee Gabriel; J Aging Health Jun-Jul 2021;33(5-6):409-417. Epub 2021 Jan 31.

<https://pubmed.ncbi.nlm.nih.gov/33517822/>

Symptom clusters predict risk of metabolic-syndrome and diabetes in midlife: the Study of Women's Health Across the Nation

Alexis N Reeves, Michael R Elliott, Maria M Brooks, Carrie A Karvonen-Gutierrez, Irina Bondarenko, Michelle M Hood, Siobán D Harlow; Ann Epidemiol 2021 Jun;58:48-55. Epub 2021 Feb 22.

<https://pubmed.ncbi.nlm.nih.gov/33631313/>

Cardiovascular risk and midlife cognitive decline in the Study of Women's Health Across the Nation

Carol A Derby, Franya Hutchins, Gail A Greendale, Karen A Matthews, Barbara Sternfeld, Susan A Everson-Rose, Rasa Kazlauskaitė, Rachel A Whitmer, Maria M Brooks; Alzheimers Dement 2021 Aug;17(8):1342-1352. Epub 2021 Mar 12.

<https://pubmed.ncbi.nlm.nih.gov/33710770/>

North American Menopause Society Perimenopause and Premature Menopause – a resource for women.

<https://www.menopause.org/for-women/expert-answers-to-frequently-asked-questions-about-menopause/perimenopause-premature-menopause-faqs>