

Navigating Your  
Path Through  
Hormonal Change  
with Purpose,  
Power, and Facts

the  
new  
meno  
pause  
Book Club Kit

Mary Claire Haver, MD

Author of the National Bestseller THE GALVESTON DIET

# Letter from the Author

Dear Book Club,

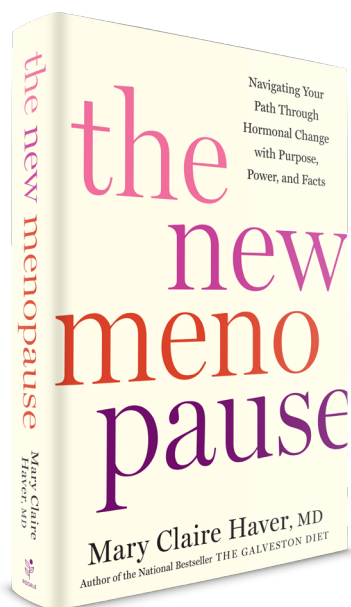
I am thrilled and honored you have chosen *The New Menopause* for discussion! In the pages to come you'll find questions to help guide your time together, and I hope you find them helpful.

Please continue to educate yourselves and tell your menopause stories to the world so that, together, we can make menopause history.

Xoxoxo

Mary Claire Haver, MD

*Mary Claire Haver*



# Questions

## BEFORE READING

1. A show of hands: Who among you is going through—or is on the verge of—menopause? How would you describe your experience with menopause or perimenopause thus far?
2. What questions do you have about menopause that you want to learn more about? Write down your questions now and refer back to them after reading the book.
3. How has your experience been getting treatment for your menopause symptoms up until now?
4. What do you think the general attitude towards menopause is like in society today? How have you seen it develop over time?

## WHILE READING

1. In the book's "Letter to the Reader," Dr. Haver introduces readers to her personal mantra: "Menopause is inevitable; suffering is not." Define what embracing, or even thriving, during The Change means to each of you.
2. The first part of the book discusses "The Story of Menopausal Medicine." What stuck out to you while reading this section? Was there anything that surprised you?
3. Which changes described in Chapters 5 and 6 have you noticed in your own life or in the lives of those around you?
4. How does the book address the psychological and emotional aspects of menopause, in addition to the physical?
5. Dr. Haver discusses menopausal hormone therapy (MHT) throughout the book. What were your original perceptions about MHT? Did you learn anything surprising after reading Chapter 7? Have your opinions on MHT changed?

6. In Chapter 8, Dr. Haver provides a list of different blood tests she recommends you get during your annual physical. Have you gotten these before? Are there any that you are now going to ask for at your next appointment? What surprised you about the different tests she recommends?
7. *The New Menopause* empowers readers to advocate for whole-life care during their annual wellness visits. How has reading the book influenced your preparation for these appointments? What questions will you now ask your doctor?
8. In what ways does Part Two of the book emphasize self-advocacy for women going through menopause? How can you practice self-advocacy in your own life?
9. In Part Three of the book, Dr. Haver provides a comprehensive toolkit of science-backed options for coping with symptoms. Which of these strategies have you found most helpful, and why?
10. Another show of hands: Has anyone started using the Hot Flash Diary and/or Symptom Journal? Share your thoughts about these and other tools, strategies, and resources for self-care the book has to offer.
11. What are some of the most compelling insights or advice—or debunked myths—you encountered in *The New Menopause*? You may choose to put your answers on paper and share them anonymously if doing so allows for greater comfort or ease of communication.

## AFTER READING

1. How has reading *The New Menopause* changed your perspective on menopause as an inevitable part of life? In what ways can you embrace a more empowering approach to The Change?
2. Has reading *The New Menopause* given you pause about your own journey through reproductive change? Now that you've learned the ins and outs of estrogen and the history of HRT, for example, will you choose to explore HRT?

3. How, if at all, did this book affect or alter your understanding of this often misunderstood chapter in a woman's life cycle?
4. Now that you're armed with the most up-to-date information about menopause, what would you say to someone who tells you that your condition is, "all in your head"?
5. In what ways, if any, has this book awakened in you a sense of solidarity with other women who are going through menopause? Do you find *The New Menopause* validating?
6. After reading the book, what do you believe are the most significant takeaways for women to secure vibrant health and well-being for the rest of their lives? How do you plan to apply this information in your own life?
7. If you had a chance to sit down with Dr. Haver and ask her one question, what might it be?



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