

The background of the page is a detailed botanical illustration in a muted, earthy color palette. It features various plants, including what appears to be a cornucopia of flowers and leaves, rendered in a style reminiscent of 18th-century scientific or artistic engravings. The plants are scattered across the page, creating a textured and organic backdrop for the text.

Women's
HealthSource

Midlife Health Education Programs

A WORD FROM THE DOCTOR...

For as long as I have practiced psychiatry (25 years), the majority of my patients have been women. The fact that an increasing portion of these women can be described as middle-aged probably reflects American demographics as much as my own professional interests.

I specialize in mood disorders. It is a matter of practical therapeutics to know the hormone status of my women patients and to factor it into the clinical equation. In the course of doing so, it became evident that these women had many questions about their midlife physical and emotional health that they were unable to get answered in the limited time they have available with their gynecologists or primary physicians.

I developed this series of educational seminars to provide women with an opportunity to obtain the information they seek from medical professionals, to explore their options with other women who can understand their experiences, and to better prepare themselves to discuss these issues with their doctors.

Our programs are designed as adjuncts to the medical expertise of gynecological and primary care physicians. They do not take the place of regular and timely medical examination, diagnosis and treatment.



Marsha Lynn Speller M.D.
Executive Director, Women's HealthSource

MEDICAL EXPERTISE, CURRENT INFORMATION, AND SMALL GROUPS OF WOMEN WITH QUESTIONS...

Founded in 1999, Women's HealthSource provides midlife health education programs for women. Each program brings together medical expertise, information researched and compiled from current medical sources and small groups of women who have questions to ask, experiences to share and a common interest in protecting their future health by becoming informed healthcare consumers.



CHANGE OF LIFE PROGRAM

These seminars are offered to help demystify menopause and its attendant physical and emotional experiences. The program:

- Is presented by a healthcare professional in four small group sessions (6-8 women).
- Includes medical screening and a one hour physician consultation.
- Answers the most frequently asked questions about how hormones work.
- Reviews the problems that can result from hormone imbalances.
- Dispels the confusion about symptoms that can occur.
- Explains Hormone Replacement Therapy and other therapies and remedies.
- Explains why this period of a woman's life is medically important.
- Clarifies the major health issues that face women as they age.
- Enables participants to develop a health maintenance plan to discuss with their doctors.

PROGRAM PARTICULARS

Our Change of Life Program is offered monthly to the public at the Women's HealthSource Center located in Newark, Delaware. The program fee includes a medical screening and 1 hour physician consultation, all program materials, 4 seminar sessions with a healthcare professional and a follow-up call, and is due at your physician consultation. Personal checks, Visa and Mastercard are accepted. Please note that educational services are not covered by medical insurance plans.

CUSTOM PROGRAM PRESENTATIONS

Since the changes and possible health risks of feminine midlife directly impact not only the woman but her family, friends and employer as well, customized formats for this program are available for business presentations. Topics include the physiology of menopause, the wide range of options for managing symptoms and promoting future health, and the impact of lifestyle and health issues facing women as they age.

PARTICIPATION

To enroll, request more information or discuss the development of a Change of Life Seminar presentation as part of your organization's Wellness Program, call **Women's HealthSource** at (302) 368-3228.



Millions of women in America with a mean life expectancy of about 84 years are entering their second adulthood as the new century begins.

Finding their way safely and comfortably through the often confusing health issues of feminine midlife is important not only to them but to their families, employers and friends as well.

So is developing a plan for personal health that will support and protect them for the remaining 30 to 40 years of their lives.

Fortunately, today's midlife women have a great deal of information about these issues available to them, unlike their mothers, for whom menopause was something that was never discussed, and perimenopause was a concept that didn't even exist.

Unfortunately, the sheer magnitude of available information combined with incomplete personal health profiles and busy doctors with little time to spend explaining and exploring possibilities can make it difficult for even the most Super-Women among us to make sense of it all.

Until Women's HealthSource.



Women's
HealthSource

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