

Educational Links

Menopause Issues

www.menopause.org

The North American Menopause Society (NAMS) is a non-profit organization that provides a forum for a multitude of scientific disciplines with an interest in female menopause.

www.HerPlace.com

Elizabeth Vliet MD is well known in the arena of woman's health. Her books such as "It's My Ovaries Stupid" have taught women what to expect from menopause and what to do about it. This site contains a wealth of information regarding the myths about hormone replacement therapy and bio-identical hormones.

www.KnowMenopause.com

Hear from real women their experiences with menopause and the options to learn to deal with it.

www.Hormonepatch.com

You have many choices when it comes to hormone replacement. Why not chose one that is identical to the estradiol your ovaries used to make?

Gynecologic Cancers

www.StrengthinKnowing.com

Learn the facts and fiction regarding your risk for breast cancer.

www.breastcancerinfo.com

Breast cancer is the leading cancer site among American women and is second only to lung cancer in cancer deaths. For women ages 40-59, breast cancer is the leading cause of cancer deaths. When breast cancer is confined to the breast, the five-year survival rate is over 95 percent.

www.Ovarian.org

The National Ovarian Cancer Coalition seeks to raise awareness and promote education about ovarian cancer. The coalition is committed to improving the survival rate and quality of life for women with ovarian cancer.

www.cancer.org

The American Cancer Society provides a wealth of information and resources for cancer patients, families, and survivors.

Osteoporosis

www.NOF.org

The National Osteoporosis Foundation gives you educational resources on how to help decrease your risk of osteoporosis.

Baby Stuff

www.babycenter.com

Loads of information regarding pregnancy. Link to Your Pregnancy Week by Week and many other calculators.

www.fertilityfriend.com

Learn charting basics. Chart your basal body temperatures and have fertility friend help you find the most fertile periods. Join forums with other women to share experiences and ideas.

www.pregnancyweekly.com

Sign up for a free weekly pregnancy newsletter and calendar. Also allows you to create a pregnancy website.

www.PARINETS.com (Positive Approaches Regarding INFertility Treatments)

PARINETS is a center for comprehensive fertility care here in St. Louis run by Becky Kubala RN. She and her staff coordinate with the physician to arrange follicle scans, IUIs, and other specialized treatments for the infertile couple. Their office is located at 2821 North Ballas, Suite 220.

www.gehealthcare.com/usen/patient

See a week by week timeline through 3D ultrasound images. Also describes changes happening to the baby through its growth and development.

www.contractionmaster.com

Contraction Master is a great tool for helping pregnant mothers and their partners easily and accurately time labor contractions.

www.fertilityjourney.com

For some people the journey toward parenthood is an easy one. For others — like the nearly 1 in 8 American couples who experience infertility problems — there are twists, turns and roadblocks along the way.

Taking Charge of your Fertility: *The Definitive Guide to Natural Birth Control and Pregnancy Achievement* by Toni Weschler. HarperCollins. 1995. Fertility Awareness Method relies on three indicators of fertility. This book teaches them in detail. Natural family planning is achievable with this knowledge and practice.

The Girlfriend's Guide to Pregnancy: *Or Everything your Doctor Won't tell you* by V. Iovine (1995). This humorous journey into motherhood will keep you informed. There is also a separate pregnancy journal, which is quite thought provoking. Also check out The Girlfriend's Guide to Surviving the First Year of Motherhood. (1997)

For Dads

Barron, J (1998) She's Having a Baby and I'm having a Breakdown

Hill, T. (1993) What to Expect when your Wife is Expanding

Williams, G. (1997) The New Father's Panic Book: Everything a Dad needs to know to Welcome His Bundle of Joy

Gynecologic Concerns

www.orthoelmiron.com

Do you have chronic pelvic pain? Pain during intercourse? Urinary frequency and discomfort despite never having bladder infection. Take the PUF questionnaire to see your risk for interstitial cystitis. Print it out and bring it to your doctor.

www.pelvicpain.org

The International Pelvic Pain Society helps educate and guide women on the best resources for evaluating chronic pelvic pain.

www.reliefinsite.com

This site is an interactive pain diary that allows you to track symptoms, treatments, and other aspects of your pain issues. The site also allows you to confidentially share your information in a HIPPA compliant manner with your physicians.

www.knowmycycle.com

If you're one of the many women who would like more information about your menstrual cycle and your period, you've come to the right place. Knowmycycle.com is a resource for answers to many of your questions, like: What's really happening to your body during your menstrual cycle? Why do you even get your period? And what about birth control? Which choice may be right for you?



Nutrition "Juice Plus"



As a busy society we don't always eat the way that we should. In the land of "Supersize" we often over eat foods that are not good for us. What if there was a way to get 17 different fruits and vegetables into your diet every day? It would cost you less per day than the coffee you get from Starbucks.

Many of the healthful benefits of taking Juice Plus have been demonstrated in clinical investigations conducted by researchers at leading hospitals and universities around the world. Eleven studies published to date in peer-reviewed scientific journals have demonstrated that:

- Juice Plus delivers key phytonutrients that are absorbed by the body.
- Juice Plus reduces markers of oxidative stress.
- Juice Plus positively impacts several key indicators of cardiovascular wellness.
- Juice Plus helps support a healthy immune system and protect DNA.

Contact Dr. McDonald for more information regarding Juice Plus. You can check out the Juice Plus main website as well at www.juiceplus.com.

Professional Counseling Services - MMH Counseling



Peggy Hinders MA LPC

"I believe that people have existing strengths, resources and problem-solving skills. As a therapist, my goal is to enhance my client's belief in his or her own inner strength, resources and resilience. When these resources are identified and amplified, positive change occurs. My focus is solution-oriented, encouraging clients to move out of analyzing the nature of the problem and instead to find the solutions and take action to solve it."

Peggy specializes in multiple areas including hormone imbalances. MMH Counseling is in Ballwin, MO. You can check out her website at www.mmhcounseling.com.