



## additional resources

Readers of the *Menopause Guidebook* who want to know more are invited to consult other educational resources developed by The North American Menopause Society (NAMS), such as the following:

- ❁ *Menopause Flashes*® is the NAMS monthly e-newsletter for consumers, offering fun-to-read original articles with timely updates on the latest information about menopause, perimenopause, early menopause, and the many therapies available to ease symptoms and reduce risk of disease later in life. It also includes bylined reviews of the menopause-related books found in local bookstores and via Web sources. Subscribe to this free e-newsletter through the NAMS Web site: [www.menopause.org/newsletter.html](http://www.menopause.org/newsletter.html)
- ❁ The NAMS Web site offers an excellent resource for other Web sites that have been identified as having a commitment to women's health at menopause and beyond. Although NAMS has carefully selected these sites, being included does not imply that NAMS subscribes to all the content listed in them. Neither does absence from this list imply disapproval by NAMS. Access the list at: [www.menopause.org/consumers/otherweb\\_index.html](http://www.menopause.org/consumers/otherweb_index.html)

If these materials have been helpful, please consider making a tax-deductible contribution to help NAMS continue its Mission of promoting the health and quality of life of women through an understanding of menopause. Checks can be mailed to:

The North American Menopause Society Foundation  
Post Office Box 94527  
Cleveland, OH 44101, USA