

## MEET YOUR MENOPAUSAL PELVIS, a presentation by Carol M. Fisher, OTR/L, NBCOT

### RESOURCES MENU

#### BOOKS

- **You Are Not Broken** (2024), by Kelly Casperson, MD
- **Menopause Moment: Mindset, Hormones, and Science for Optimal Longevity** (Sept. 2025), by Kelly Casperson, MD
- **The Menopause Brain** (2024), by Lisa Mosconi, PhD
- **Estrogen Matters: Why Taking Hormones in Menopause Can Improve and Lengthen Women's Lives Without Raising the Risk of Breast Cancer** (2024), by Avrum Bluming, MD, and Carol Tavris, PhD
- **The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power and Facts** (2024), by Mary Claire Haver, MD
- **Why Pelvic Pain Hurts** (2015), by Adriana Louw, PT, PhD, CSMT, Sandra Hilton, PT, DPT, MS, and Carolyn Vandyken, PT, Cred MT, CCMA
- **Unbreakable: A Woman's Guide to Aging with Power** (Aug. 2025) by Vonda Wright, MD, Orthopedic Surgeon and Longevity Specialist

#### SELF-HELP TOOLS AND EQUIPMENT

- **Squatty Potty**
- **Self-Care for Pelvic Pain with Sit Kit** - Sandra Hilton, PT, DPT, MS
- **Understanding and Treating Incontinence: What causes Urinary Incontinence and How to Regain Bladder Control** - Sarah Haag, PT, DPT

#### PODCASTS/SOCIAL MEDIA – EVIDENCE-BASED PRACTITIONERS

- **Dr. Mary Claire Haver**, OB/GYN, MCP and Culinary Medicine Specialist
- **Dr. Lauren Streicher**, OB/GYN
- **Dr. Kelly Casperson**, Urologist and Specialist in Hormones and Intimacy in Midlife
- **Dr. Rachel Rubin**, Urologist and Sexual Medicine Specialist
- **Dr. Vonda Wright**, Orthopedic Surgeon and Longevity Specialist
- **Dr. Kassie DeWitt, OTD**, Specializes in Women's Incontinence
- **Ms. Lauren O'Hayon**, Movement Specialist - "Restore Your Core"
- **Dr. Fran**, OB/GYN, follow on Tik Tok/Instagram: "Paging Dr. Fran"

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**MENOPAUSE SPECIALISTS**

**Find Menopause Specialists:**

- The Menopause Society - [www.menopause.org](http://www.menopause.org)
- International Society for the Study of Women's Sexual Health - [www.isswsh.org](http://www.isswsh.org)

