

Web Sites

Young at heart: tips for older adults

(National Institute of Diabetes and Digestive and Kidney Diseases)

www.win.niddk.nih.gov/publications/PDFs/YAH_TipSheet.pdf

Healthy heart handbook for women

(National Heart, Lung and Blood Institute)

www.nhlbi.nih.gov/health/public/heart/ot/her/hhw/hdbk_wmn.pdf

Sex and intimacy after menopause

(National Women's Health Resource Center)

www.healthywomen.org/sites/default/files/FF_SexAftMeno.pdf

When delicious meets nutritious: recipes for heart health

(National Heart, Lung and Blood Institute)

https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/recipes.htm

Women's mental health

<https://www.womenshealth.gov/mental-health>

Library Materials

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John & Nettie Mooney Library –
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,
With the Stanek Cancer Library
Level 2, East Building

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Midlife Health Resources for Women

John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

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HEALTH SYSTEM®

Books

Women's health materials have call numbers that start with GE 100.

100 questions & answers about osteoporosis and osteopenia / Ivy M. Alexander (2011)

Eat to defeat menopause: the essential nutrition guide for a healthy midlife--with more than 130 recipes / Karen Giblin. (2011)

Energy medicine for women: aligning your body's energies to boost your health and vitality / Donna Eden. (2008)

Finding your emotional balance: a guide for women / merry Noel Miller (2015)

Getting older better: the best advice ever on money, health, travel, creativity, work, retirement, legacy, and more for women in their third act / Pamela D. Blair (2014)

Heart smart for black women and Latinas: a 5-week program for living a heart-healthy lifestyle / Jennifer H. Mieres (2008)

The hormone cure: reclaim balance, sleep, sex drive, and vitality naturally with the Gottfried protocol / Sara Gottfried (2014)

How to never look fat again: over 1000 ways to dress thinner -- without dieting / Charla Krupp. (2010)

Mayo Clinic on Healthy Aging (2013)

The Menopause book / Wingert, Pat. (2009)

Menopause confidential: a doctor reveals the secrets to thriving through midlife / Tara Allmen (2016)

Menopause matters: your guide to a long and healthy life / Julia Edelman. (2010)

Menopause solution / Stephanie S. Faubion, M.D. (2016)

Moody bitches: the truth about the drugs you're taking, the sleep you're missing, the sex you're not having, and what's really making you feel crazy / Julie Holland (2015)

Pretty plus: how to look sexy, sensational and successful no matter what you weigh / Babe Hope. (2010)

Read my lips: a complete guide to the vagina and vulva / Debby Herbenick. (2011)

The strong women's guide to total health / Miriam Nelson. (2011)

A woman's guide to sleep disorder / Meir H. Kryger (2004)

A woman's guide to urinary incontinence / Rene Genadry (2007)

A woman's guide to pelvic health: expert advice for women of all ages / Elizabeth Houser (2013)

What's up down there? questions you'd only ask your gynecologist if she was your best friend / Lissa Rankin. (2010)

DVDs

Sexual desire [DVD] / Mary Ellen West (2009)

Mayo Clinic wellness solutions for menopause [DVD] (2007)

Apps

Increase flexibility with yoga poses / download the Apple or Android version from dailyyoga.com

Track calories and diet / with Apple or Android version from myfitnesspal.com