

Medical Resources for CAPSTONE

1. Preventive health screenings for women
<https://medlineplus.gov/ency/article/007467.htm>
2. Preventive health screening for men
<https://medlineplus.gov/ency/article/007465.htm>
3. Life's Essential 8 (Cardiac Health)
<https://mlc.heart.org/registration> for AHA My Life Check
<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>
4. Physical Activity Guidelines for Americans
<https://odphp.health.gov> (Office of Disease Prevention and Health Promotion)

There is minimal mention of women's health or discussing peri- or post-menopausal symptoms/issues. I would encourage women to proactively discuss any symptoms you may be having, whether sleep/mood/weight changes or genitourinary/sexual symptoms. There are many effective therapies that work best if started early in menopause...and push to see a GYN specialist or pelvic floor physical therapist if your provider seems reluctant or less comfortable prescribing these therapies.

Similarly for men, make sure to address any genitourinary or erectile function concerns. This is typically when the prostate starts to enlarge and can cause irritating (and sometimes limiting) symptoms that are easily treated.

I would also bring up any sleep issues as sleep is rarely asked about during a physical; this is the age when sleep disorders can appear and adversely affect other organ systems and your baseline energy/cognitive level.

Resources for women's health:

Dr. Jen Gunter (I heard her first on the We Can Do Hard Things Podcast with Glennon Doyle and Abby Wambach). She specializes in women's health and is evidence-based so everything she tells you is grounded in actual studies or her own practice. She has a newsletter and a website called drjengunter.com, and a blog called vajenda.substack.com. She has also written several books like the Menopause Manifesto (full disclosure, I have not read any of them), The Vagina Bible, and Blood (coming out in 2024 about menstruation).

North American Menopause Society

<https://www.menopause.org/>

Book Recommendations by a NYT article titled The Menopause Canon

"The Menopause Guidebook," by The North American Menopause Society

"The Menopause Manifesto: Own Your Health With Facts and Feminism," by Dr. Jen Gunter

"The Natural Menopause Method: A Nutritional Guide Through Perimenopause and Beyond,"
by Karen Newby

“The Complete Guide to the Menopause: Your Tool Kit to Take Control and Achieve Life-Long Health,” by Annice Mukherjee

“Magnificent Midlife: Transform Your Middle Years, Menopause and Beyond,” by Rachel Lankester

“Second Spring: The Self-Care Guide to Menopause,” by Kate Codrington

Resources for men’s health:

WebMD Men’s Health Guide

<https://www.webmd.com/men/default.htm>

<https://www.webmd.com/men/prostate-over-40>

Men’s Health Network

<https://menshealthnetwork.org/>

Websites for medical information (targeted to patients):

NIH (National Institutes of Health)

<https://www.nih.gov/>

National Library of Medicine

<https://medlineplus.gov/>

WebMD

<https://www.webmd.com/>

Drugs.com (it also has articles from the Harvard Health)

<https://www.drugs.com/>

Mayo Clinic

<https://www.mayoclinic.org/>

CDC (Center for Disease Control)

<https://www.cdc.gov/>

Executive Medicine Resources:

WRNMMC (301) 295-6776 (front desk) or (301) 319-4410 (admin staff)

ATAMMC (571) 231-0540

OTSG (Office of the Surgeon General, USA) Nancy Sanchez (703) 681-8826

Nancy can help navigate executive medicine resources at Army posts around the world

Books I have found helpful (and hopeful):

Food Rules: An Eater’s Manual by Michael Pollan

(a fun read of amusing quips about food and eating with the science behind the comments)

The Secret Life of the Grown Up Brain: The Surprising Talents of the Middle-Aged Mind by Barbara Strauch

(A leading science writer examines how the brain's capacity reaches its peak in middle age. I found this book so reassuring and am excited about what my brain should be like as I age.)

Why We Sleep: Unlocking the Power of Sleep and Dreams by Matthew Walker. He also has a podcast called the Matt Walker Podcast which is all about sleep. Each podcast is no longer than 15-20 minutes (he recognizes how easy it is to drift off and he does have a monotone voice, but the information he shares about sleep is fascinating). The book is a bit dense but so so informative and will change your approach to sleep and how important it is.

The Good Life: Lessons from the World’s Longest Scientific Study on Happiness by Robert Waldinger and Marc Schulz. Focuses on what makes a life fulfilling and meaningful, and how to improve our skills at developing and maintaining relationships.

Weighted Blanket:

YnM Bamboo Weighted Blanket – 100% Cooling Bamboo Viscose Oeko-Tex Certified Material with Premium Glass Beads

YnM Bamboo Duvet Cover for Weighted Blankets

I bought both of these on Amazon. The woman who recommended these to me explained that the duvet cover is important because the blanket cannot be washed so the cover protects it.