

Tune In for Insight: Must-Listen Ted Talks on Menopause

Ted Talks offer a convenient and engaging way to learn about menopause, providing expert advice, personal stories, and the latest research right at your fingertips. Whether you're looking for medical insights, practical tips, or simply a supportive voice, these carefully selected episodes cover a wide range of topics to help you navigate menopause with confidence and clarity. Explore these episodes to stay informed, empowered, and connected on your journey.

In her **TED Talk**, Dr. Jen Gunter, the author of *The Menopause Manifesto*, breaks down the myths and misconceptions surrounding menopause, advocating for a more informed and empowered approach to this life stage. She emphasizes the importance of understanding menopause from a scientific perspective, challenging the stigma and misinformation that often surround it. Dr. Gunter calls for better education and open discussions about menopause, encouraging women to take control of their health and make informed decisions. Her talk is a powerful call to action for both women and the medical community to reframe how we view and talk about menopause.

In her **TED Talk**, Dr. Lisa Mosconi, a neuroscientist and author of *The Menopause Brain*, explores the profound impact of menopause on the brain. She explains how hormonal changes during menopause can affect cognitive function, memory, and mental clarity, shedding light on why many women experience these shifts. Dr. Mosconi emphasizes the importance of understanding the neurological aspects of menopause and offers insights into how women can support their brain health during this transition. Her talk is both informative and empowering, providing a deeper understanding of the connection between menopause and brain health.

In her **TED Talk**, Dr. Maria Sophocles, an OB/GYN and menopause expert, delves into the topic of midlife sexuality and what she terms the "bedroom gap." She discusses the changes in sexual desire and function that many women experience during menopause, addressing both the physical and emotional aspects. Dr. Sophocles highlights the importance of open communication, education, and medical support in addressing these challenges. Her talk encourages women to reclaim their sexual health and intimacy in midlife, offering practical advice and breaking down the stigma surrounding sex during menopause.