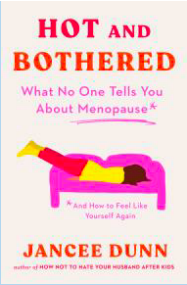
Discussion Guide



Hot and Bothered
Jancee Dunn

Penguin Random House
2023
304 pages
ISBN: 978-0593542569

Menopause

Summary

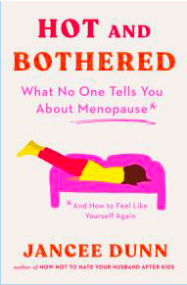
Through in-depth interviews with renowned menopause experts and trusted authorities, Dunn peels back the layers on menopause with her trademark humor while unpacking the science on both hormonal and nonhormonal treatments and offering actionable ways to improve sleep, sex, moods, mental clarity, and skin; detailing the latest treatments for hot flashes; and exploring how to stop “peezing."

Questions

1. In her opening, the author says she is not a doctor and is not dispensing medical advice. “I’m relaying my own story and the treatment options that were presented to me.” She informs us that she tried to ensure accuracy of the medical information presented, but the book is not a substitute for consulting with doctors to get care and treatment. How important is this disclosure? Does it make the information more trustworthy? Why or why not?
2. Why does the author not recommend googling for health information? How helpful are the resources at the end of the book? Which of the online resources have you used? Which site did you find most helpful? Most reliable? Why?
3. The author offers evidence-based, doctor-recommended suggestions for mitigating hot flashes, painful intercourse, and other bothersome side effects of perimenopause and menopause. What, if any, of these recommendations have you tried? What worked and what didn’t?
4. The author talks about the importance of sleep. How does sleep affect overall health? How does it specifically impact the symptoms of perimenopause and menopause?
5. In Chapter 8, the author discusses “gendered agism.” What does she mean? If you agree, what are the different ways “gendered agism” historically and currently affects seeking or receiving health care?
6. After reading this book, are you more knowledgeable about perimenopause and menopause? What did you learn that was surprising? Comforting? Useful?
7. The author repeatedly says that it is beneficial to talk about this natural, biological part of a woman’s reproductive lifecycle. Talking to your loved ones about what is happening to your body is educational. It can reduce stigma and shame, improve a woman’s mental and sexual well-being, and advance women’s medical care. Do you agree or disagree? How so?

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8. Would you recommend this book to friends and family? Why or why not?

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