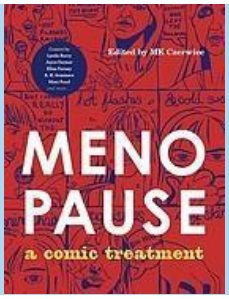
Discussion Guide



Menopause
MK Czerwiec

Graphic mundi
2020
144 pages
ISBN: 978-1271087122

Menopause

Summary

Menopause: A Comic Treatment is an anthology of twenty-eight contributors. The collection presents various perspectives on menopause according to life experiences, ages, gender identities, ethnicities, and health conditions.

Questions

1. Out of this collection of comic essays, which story resonated with you. Why?
2. Czerwiec writes, “Comics have a long history of taking on stigmatized topics. They make literal the metaphors we use to describe our bodies, and they can be playful and enjoyable, even if the topic they tackle is not.” Did Czerwiec accomplish this with her edited work? If so, how?
3. The editor, when going through perimenopause herself, turned to comics, but found them lacking about the topic of menopause. She writes, “The first (and only, as far as I can tell) book-length [40 panel] collection of comics about menopause … appeared in 1950 … titled *Minnie Pauses to Reflect* by Nora Preddy. … The women … are frequently portrayed as judging one another for inappropriate management of symptoms (not seeking surgery or taking hormone medications, eating, or drinking excessively) … [and being inconvenient] for … everyone around them, particularly the men in their lives.” (pages 1-2) Do you think that our society continues to treat perimenopause and menopause with judgment and lack of empathy and understanding? If so, explain.
4. Menopause, menstruation, and women’s health in general are often treated as taboo subjects. Brainstorm ways to normalize having conversations about these topics.
5. After reading the diverse range of experiences, what did you learn that was new to you? What do you think people get wrong about menopause and this time in life?

This discussion guide has been funded in whole or in part with Federal funds from the National Library of Medicine (NLM), National Institutes of Health (NIH). The content was created by the NNLM Reading Club for educational use and is solely the responsibility of the authors and does not represent the official views of the National Institutes of Health (NIH). May 2024

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