

Mary Claire Haver, MD

Dr. Mary Clare Haver, a board-certified Obstetrics and Gynecology specialist, is renowned for her deep expertise as a Certified Menopause Practitioner and a Certified Culinary Medicine Specialist. An alumna of Louisiana State University Medical Center, she completed her Obstetrics and Gynecology residency at the University of Texas Medical Branch. As a best-selling author and entrepreneur, she has a dedicated focus on women's health.

Notable Works and Contributions:

Books: "The Galveston Diet" and "The New Menopause"

Initiatives: Founded the Mary Claire Wellness Clinic (www.maryclairewellness.com) in 2021

Resources: "The Menopause Quiz" (<https://thepauselife.com/pages/menopause-quiz/>) and a "14-page Menopause Empowerment Guide" (<https://mailchi.mp/00fb4ddf891c/empowerment-guide>)

Tools: Creator of "Dr. Haver's Menopause Starter Toolkit" (<https://tinyurl.com/y3fmscuy>)

Lisa Mosconi, PhD <https://www.lisamosconi.com/>

Dr. Lisa Mosconi holds a dual appointment as an Associate Professor of Neuroscience in Neurology and Radiology. She is the Director of the Women's Brain Initiative and Associate Director of the Alzheimer's Prevention Program at Weill Cornell Medicine/New York-Presbyterian Hospital.

Notable Works and Contributions:

Books: "The Menopause Brain" (2024), "The XX Brain" (2020), "Brain Food" (2018)

Podcasts: Features on The Upsides of Menopause (<https://www.eliseloehnen.com/episodes/lisa-mosconi>) and discusses mental health on Dr. Leaf's blog <https://tinyurl.com/4hcke5du>

TED Talk: "How Menopause Affects the Brain" – over 4 million views - https://www.youtube.com/watch?v=JJZ8z_nTCZQ

Sharon Malone, MD, FACOG

A distinguished OB/Gyn who graduated from Columbia University Vagelos College of Physicians and Surgeons in 1988, Dr. Sharon Malone is a certified menopause practitioner and the Chief Medical Advisor at Alloy Women's Health, a pioneering telehealth platform.

Notable Works and Contributions:

Book: "Grown Woman Talk: Your Guide to Getting and Staying Healthy"

Podcasts: Dr. Sharon Malone on How Michelle Obama Helped Her Put Menopause on the Map <https://www.youtube.com/watch?v=YXcQfCJWOQo>

TED Talk: Grown Woman Talk <https://www.youtube.com/watch?v=Hw5zYkZfHDo>

Menopause Resources

Let's Talk Menopause

Let's Talk Menopause is a national nonprofit organization invested in changing the conversation around menopause, so women get the information they need and the healthcare they deserve. For more information, visit <http://letstalkmenopause.org>. Check out the recent Menopause Talk recordings: <https://www.youtube.com/watch?v=FEISFaCNK2g>

The Menopause Society (formerly known as the North America Menopause Society)

Established in 1989, NAMS is a leading nonprofit organization in North America committed to enhancing the health and quality of life for all women during midlife and beyond. With a diverse membership of over 3,000 professionals across various disciplines, The Menopause Society offers a balanced, well-rounded perspective on menopause and healthy aging. For more information, visit <https://menopause.org/patient-education>.

The Pause Life

The 'Pause Life' is a resource founded by Dr. Mary Claire Haver, MD, FACOG, MCP that provides menopause education and support. The 'Pause Life' focuses on lifestyle changes to help women feel their best during menopause and aims to make menopause care accessible and easy to follow. The 'Pause Life' website offers resources on topics such as nutrition, exercise, stress reduction, sleep, and new symptoms associated with menopause. <https://thepauselife.com>