

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

The menopause manifesto

In a Radio NZ interview,¹ Jen Gunter a Canadian trained Gynaecologist, says menopause is not a disease but a planned change like puberty, and there is too much conflicting information about the topic.

She has written a book, called The Menopause Manifesto, which considers feminism, myth-busting and evidence. She points out that there is an evolutionary advantage to the “village” in having women have menopause as they can help with food gathering and child helping without the physical issues of pregnancy and childbirth, and has data to support this.

An interesting issue was the surgical removal of ovaries in postmenopausal women without clear signs of disease. This increases the risk of cardiovascular disease and osteoporosis, both of which can increase mortality.

Reference:

1. Dr Jen Gunter's menopause manifesto interview. Radio NZ (2021) [View here](#)

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