

PROFILE OF THE 21st CENTURY MENOPAUSAL WOMAN

By Valerie Otto

DOES	DOES NOT
Look her age	Look old
Care about her appearance	Look in the mirror every 5 minutes
Have a career or two	Care if her boss is 10 years younger
Pay attention to world affairs	Particularly care if “winter pink” is the “new black”
Make sure she gets exercise	Feel compelled to participate in extreme sports
Eat well	Obsess about a cookie
Go dancing	Go dancing with another woman’s husband
Find time to herself	Feel selfish about it
Get hot flashes	Care if she strips in public
Research her health care options	Believe she knows more than her doctor
Take herbal remedies	Believe they cure diseases like cancer
Read Labels	Believe everything she reads
Enjoy her wine and cocktail	Party like she did at 28
Want to have sex	Put a notch on her bedpost
Look forward to this time of life	Believe she’s past her prime
Reads these charts	Takes them as gospel