



# Podcasts

## FAVORITE

**Sometimes the most helpful menopause insights come from real conversations. We've curated a list of favorite podcasts offering expert guidance, lived experiences, and honest dialogue to help you feel informed and supported.**

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### **The MiDOViA Menopause Podcast**

Of course we're going to list our own... but for good reason. This is where we have great conversations with great people. We go beyond the surface to unpack what's actually happening during midlife, bringing in leading voices to talk openly about menopause, health, relationships, and the workplace. It's honest, informative, and designed to leave you thinking, "Why didn't anyone tell me this sooner?"

<https://www.midovia.com/podcast>

### **You Are Not Broken (Dr. Kelly Casperson)**

urologist Dr. Kelly Casperson, it blends science, mindset, and candid conversation to break down stigma around desire, menopause, and sexual health. The core message is simple and powerful: nothing is "wrong" with you, and with the right information, you can better understand your body, advocate for your health, and feel more confident in midlife and beyond.

<https://kellycaspersonmd.com/you-are-not-broken-podcast>

### **unPaused (Dr. Mary Haver Claire)**

A go-to resource for understanding the science of menopause in a clear, practical way. Dr. Mary Claire Haver breaks down hormones, symptoms, and treatment options while sharing actionable strategies around nutrition, lifestyle, and long-term health. It's informative, empowering, and designed to help women take a more proactive approach to midlife.

<https://thepauselife.com/pages/the-unpaused-podcast>