

Deborah Pades

Today at Ever Talk TV we're going to talk about women's health after 40 And if you're like me there's a lot changing in your body and a lot of questions stirring So I have Deborah parties who has created a pause and she's bringing all these great doctors to talk about women's health And I'm so excited to have you here in our studio today Happy happy to be here Yes So what is pause Pause is a live recorded podcast I say live because we invite people into a really cool space and together we meet a doctor and we have an interview and then we have a little palate cleansing performance about the topic we're talking about and then we have audience questions which is the big differentiator Lots of podcasts are recorded with two people talking like this in a really small studio and the people we're talking about aren't in the room So about 12 years ago I started something called Get Smart Radio which was a similar model in San Francisco We talk about lots of things with lots of special people on the stage and then we open up for questions and it's an awesome combination So pause podcast is here recording from Los Angeles about once a month and we're tackling a big issue which is women's health It's a huge issue So let's say I'm tuning in and I'm listening to pause and you're talking about you know the early signs of menopause and I have a question I can call in and you'll answer my question you can't call in because it's not live streaming it's live audience But the good thing about that is we know how social media works You could tweet in or send an email and I have access to all the doctors that I meet and I could buzz over there with my little recorder and say hey we got a great question I want to hear your voice respond to it and then we'll tack that on to the next show So it really is about using multimedia in the best format which is live people doing live stuff being spontaneous being messy being real And also getting a kind of interview if I need it about a very specific question that we didn't cover in the live podcast I mean that's amazing Honestly approaching 40 is difficult for so many reasons as a woman but I find myself lost like all my friends and there's nowhere to really go and get the answers and there's so many answers we're afraid to ask There's a horrible statistic that I want to back up with what you just said that 4000 women a day are entering menopause meaning entering pre menopause per menopause of those people with many studies that they've shown about 19% know what's going on the rest don't So how are they gonna ask their partners to support them when they don't know themselves know the signs of moodiness of a physical change in your body

whether it's lack of sex drive or or dry vagina which is a huge issue Now that we know Viagra is running the show you've got these big boats coming into the harbor and the women have no water I mean I hate the metaphor but it's like it's really a crisis and these women are going through lots of painful situations and there's ways to help them but they're not tuning in because there's shame and there's shame even between best friends around the water cooler So we have a lot of heavy lifting to do another statistic that I just learned that I'm so upset about and you're gonna help me feel through it We we actually talked about this in our last podcast which is that Johns Hopkins did a study that Forbes did a uh uh article about uh in 2019 just recently that they interviewed um doctors in residency programs and the OBGYN specialty only 20% of the programs cover menopause So 80% of these doctors are saying we're not prepared to talk about it So imagine 80% of the Ob Gyn in this country don't ask you Hey Sheri how are you feeling I want to pull it out of you Tell me how you're feeling it at your age Are you noticing changes They have seven minutes with you They ask you major questions and then you leave the room and then you go home and you're like feeling strange No you're absolutely right I mean I see it It's a conversation coming and our friends we don't talk about it It's not nobody wants to talk about hot flashes or dry vagina or feeling like shit Nobody wants to talk about it But we need a support system and you are now creating the support system through pause I want to ask you something in this dialogue is when you say we don't talk about it we joke about it don't we Yes Yes But we don't support one another We don't talk about hey look I'm taking this and this is really helping me or hey have you tried this or I mean and I think we're embarrassed to talk to our husbands about it or our you know our partners whoever I think it's a it's a hard subject to talk about I'm a woman who's with a woman and we we're going through it together and this is hysterical I mean it's really funny Well that's actually better though isn't it Well you think But we're not the same kind of no two bodies are the same which is another issue about about health care A doctor will shrug their shoulders and say well everybody is different and that sort of breeds this culture of like since everyone's different we're not going to throw research money on flat flashes because some women don't have it Why we spend lots of money and most of the purse chains the purses are held by a lot of men who don't see it as an important issue But there are studies and stories and it's overwhelming how many women are first They're having mental issues they're feeling completely off track and they don't know why And if there was a man in this

situation running a large company they probably would say hey guys we got to take care of the CEO here because he's going through stuff Let's throw money at research right But women still have to stand up and say hey we're not afraid to talk about with each other Let's start there Absolutely Absolutely Well I'm glad you are starting there and that you're bringing pause to us and we have a place now to go where you're going to be interviewing doctors and answering all the questions we have You know the interesting thing about the solution is there's two parts to that So pause podcast dot com is where you can go to look at the stuff right But the true movement has to start with people like you and me gathering our friends together and saying listen we just listened to this podcast there was questions that were asked and answered Yay that how do we propagate that newfound information out to make a sort of a movement Right And I've been really moved by this movement idea because the me too conversation could never have happened 10 years ago We're more emboldened we have so much more access to the difference the differences between us and yet the commonalities between us So there's the podcast I'm so proud to be at the helm of and I'm going to do my best to get the best doctor And we have a show on on hearts like hearts are very responsive to hormone replacement therapy So some doctor that will say you need to do it The cardiologist might say I don't think so with your family history right So there's all these choices we make and they seem like the lesser of two evils or what do we do So the coffee clutch conversations need to grow and get more emboldened by this So remember the days where they didn't have you and I were born but the whole Tupperware world right That was unusual Women were like let's get together with women They didn't care about Tupperware they care about conversation here Sure I'm glad you're starting the conversation and I'm there to help you get the word out and mama's out there who are watching I hope you will tune in and listen to pause Deborah parties is starting a movement and we need to jump on board and support women should be supporting women This is awesome And we're so glad that you're here with us at ever talk TV We'll see you all next time