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<https://silosolo.com/662308>

Summary

The video discusses a live recorded podcast called Pause, which focuses on women's health, with a particular emphasis on menopause. The podcast invites doctors to discuss various topics and answer audience questions. It highlights the significant lack of knowledge and support for women going through menopause, with only 20% of OBGYN residency programs covering the topic. The video emphasizes the need for open conversations and support among women regarding menopause. The podcast aims to create a movement and support system for women's health.

Silo sample questions

- What is Pause?
- What are the main topics discussed in the video?
- What is the lack of knowledge and support for women going through menopause?
- What is the aim of the podcast?

Topics

Pause podcast

Women's health

Menopause

Lack of support and knowledge

Conversation and support among women

Key Takeaways

- Pause is a live recorded podcast that focuses on women's health
- The podcast invites doctors to discuss various topics and answer audience questions
- Women's health, especially during menopause, is a significant issue that is often overlooked
- There is a lack of knowledge and support for women going through menopause
- Only 20% of OBGYN residency programs cover menopause

[Click here for the full transcript](#)

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