

“The Menopause Expert”

Rebecca Hulem, RN, RNP, CNM

Certified Menopause Clinician

Rebecca Hulem Credentials

Published Author

- 2006 Featured author in May 2006 edition of ***“Advance for Nurse Practitioner”*** Journal, article entitled: ***Soy and the Menopausal Woman, Sorting Out the Evidence.***
- 2004 Contributing author to ***“Changing Course – Inspiring Stories of Women in Mid-Life, Menopause and Moving Forward”***
- Contributing author to ***“Conversations on Health and Wellness”*** This book also features author John Gray (Men are from Mars – Women are from Venus)
- 2003 Wrote and published ***“Feelin’ Hot? A Humorous, Informative and Truthful Look at Menopause.”*** This book is currently in its second printing.
- Wrote, recorded and published a three CD collection entitled ***“101 Most Frequently Asked Questions About Menopause”***

Professional Speaker

2009-Present

- Keynote speaker at 11th Annual Women’s Health Conference in Minneapolis, MN on *Feelin’ Hot? Hormones, Moods and Other Maladies of Midlife.*
- Keynote speaker at Rocky Mountain Childbirth Conference in Missoula, MT.
- Guest speaker at 2010 AWHONN Nursing Convention in Las Vegas, NV on *Midlife Health Updates.*
- Keynote speaker at Carilion Clinic, Women’s University in Roanoke, VA on *Managing the Mayhem of Menopause.*
- Keynote speaker at Kaiser Permanente *Women’s Night Out* event in Santa Rosa, CA.
- Guest speaker at Devil’s Thumb Ranch & Spa in Denver, CO at annual yoga retreat.

2005-2008

- Hosted, organized and keynote speaker for *Feelin’ Hot: Women’s Health & Wellness Over 40* conference at Miraval Resort in Catalina, Arizona. This professional conference included guest speakers Dr. Anita Nelson, Dr. Sabina Kobylinski, Licensed Acupuncturist Johanna Hofmann and Teresa Kraegel, RN. Event was attended by 35 professionals who received CE credit for the conference.
- Keynote speaker at 28th Annual Multidisciplinary Aging Conference in Champion, PA. Topics included *Female Sexuality & Aging* and *Weight No More: Weight Management over 50.*
- Keynote speaker at 2008 Women’s Health Summit in Bismarck, ND.
- Keynote speaker at Snowmass Institute, Women’s Healthcare Conference, Baltimore, MD

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- Guest speaker at Professional Business Women's Conference, San Francisco CA
- Keynote speaker at Christus St. Michael Health System, Texarkana TX; Topic of *Menopause: Many Women, Many Choices*
- Guest speaker at Women's Health Initiative Conference, Saginaw MI
- Guest speaker at Northwest Women's Show, Portland OR
- Guest speaker at 10 Annual Celebration of Women's Wellness Community Conference hosted by Kaiser Permanente in Lodi California
- Guest speaker at 2006 Annual Women's Health Care Seminar hosted by The University of New Mexico School of Medicine on the subject of *Female Sexuality and Aging*
- Guest speaker at Columbus Community Hospital, Columbus WI on subject of *Feelin' Hot? Hormones, Moods and other Maladies of Midlife*
- Keynote speaker on Menopause at annual Women's Show in Abilene, Texas

2002 - 2004

- Developed material and conducted a 2 city tour in Wisconsin as a seminar leader for PESI HealthCare; delivered full-day seminars for medical professionals on "Menopause - A Positive Passage through Mid-Life and Beyond"
- Developed material and conducted a 12-city tour throughout Canada as a seminar leader for Executive Links; delivered full-day seminars for medical professionals on "Care of Women in Mid-Life".
- Developed material and conducted a 16 city tour throughout the U.S. as a seminar leader for Professional Education Center (PEC); delivered full-day seminars for medical professionals on "Women in Transition, Menopause: Impact for the Whole Woman"
- Developed material and conducted a 4-city tour throughout California as a seminar leader for PEC; delivered full-day seminars for medical professionals on "Women in Transition, Menopause: Impact for the Whole Woman"
- Guest speaker at California Lutheran University's 23rd Annual Creative Options "A Day for Women", speaking to the general public on "A Positive Passage through Mid-Life and Beyond."
- Guest speaker at Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) addressing the "HRT Controversy: Now What Do We Do?"
- Guest speaker at West Hills Hospital, West Hills, CA presenting material to the general public on "Menopause & the Transition Years."
- Guest speaker at University of California Los Angeles to antenatal management students on "Gestation Duration Disorder - Pre-term labor, Post-dates."

1999-2001

- Developed and taught bimonthly educational classes on menopause for Kaiser patients
- Developed and taught an educational seminar on menopause for Kaiser professional medical staff
- Keynote speaker for a Kaiser sponsored public seminar entitled "Women in Transition - Focus on Menopause"

Professional Career – Midwifery & Nursing

2006: Certified Nurse Midwife – Good Samaritan Hospital, Los Angeles, CA

2005 – 2008: OB/GYN Nurse Practitioner – The Women's Clinic, Los Angeles, CA

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1991-2003: Certified Nurse Midwife - Kaiser Permanente

- Performed routine exams and counseling for obstetrical patients throughout their pregnancy
- Managed and performed routine vaginal deliveries for low risk obstetrical patients
- Performed routine gynecological exams for women of all ages to include breast exams, pelvic exams, pap smears, birth control counseling and detection and treatment of sexually transmitted diseases
- Provided individual counseling and treatment for women in menopause.

1983-1989: OB/GYN Nurse Practitioner for Conejo Women's Center & Kaiser Permanente

- Performed routine exams and counseling for obstetrical patients throughout their pregnancy
- Performed routine gynecological exams for women of all ages to include breast exams, pelvic exams, pap smears, birth control counseling and detection and treatment of sexually transmitted diseases.

1979-1989: Independent ASPO Certified Lamaze Instructor

- Developed course curriculum and taught over 3,000 couples in the Lamaze method of childbirth

1976-1983: Staff Labor and Delivery Registered Nurse for Kaiser Permanente

- Assisted physicians in the management and delivery of obstetrical patients

Education

- Menopause Clinician Certification - North American Menopause Society/NCC - 2001
- Nurse Midwifery Certification - San Jose State University/Sponsored by and taught through Education Program Associates- 1991
- OB/GYN Nurse Practitioner Certification - California State University at Los Angeles Sponsored by Kaiser Permanente - 1983
- Lamaze Instructor ASPO Certification - University California Los Angeles-1979
- Bachelor of Science (Nursing) - Mount Saint Mary's College - 1976

Professional Organizations

- American College of Nurse Midwives
- North American Menopause Society
- National Association of Nurse Practitioners in Women's Health