

“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

2005-2008

- Keynote speaker for Christus St. Michael Health System in Texarkana, Texas on 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 Wisconsin 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".

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- 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 Pausitive 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

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