



DR. SOMA MANDAL
HELPING WOMEN UPLEVEL THROUGH MIDLIFE

SOMA MANDAL, M.D.



Midlife Women's
Health Specialist,
Author, Television
Personality

MEDIA KIT

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WELCOME!

Just saying the word “menopause” seems to strike fear into the hearts of every forty and fifty-something year old woman around the world (and possibly also their significant others!) Why is it this?

Quite simply, it is due to a lack of education and understanding.

We’ve let popular media and “folklore” drive our society’s perception of what menopause is and isn’t, instead of medical facts and appreciating this time for what it truly is – an opportunity for women to “uplevel” their lives.

Just google something related to menopause such as “menopause natural remedies.” You’ll find over 12,700,000 search results. Is it any wonder that women struggle to find trusted and medically accurate information to help us transition through this very important stage in life?

Over the years, I have had the honor and privilege of helping thousands of women navigate their menopause journey and have done television interviews on this very important subject.

Here’s what no book on menopause tells you:

- 1) *No two women experience menopause the same way.*
- 2) *Women of color have to take special care of their health during this stage of life due to additional risk factors.*

Why has so little media attention been given to both of these very important points?

You can help change that!

My new book, “Dear Menopause, I Do Not Fear You – A Modern Woman’s Guide To Thriving Through Midlife,” covers both of these points in detail.

I hope you find this media kit useful. I am available to help you – you can connect with me directly by sending an email to *DrSoma@DrSomaMandal.com*.

I look forward to hearing from you.

Best regards,

Dr. Soma

DR. SOMA MANDAL'S NEW BOOK

RELEASED OCTOBER 15TH, 2019

**FORGET EVERYTHING YOU
EVER THOUGHT YOU KNEW
ABOUT MENOPAUSE AND
READ THIS BOOK!**

Dr. Soma Mandal takes a light-hearted approach to discussing everything you need to know about menopause but were too shy to ask.

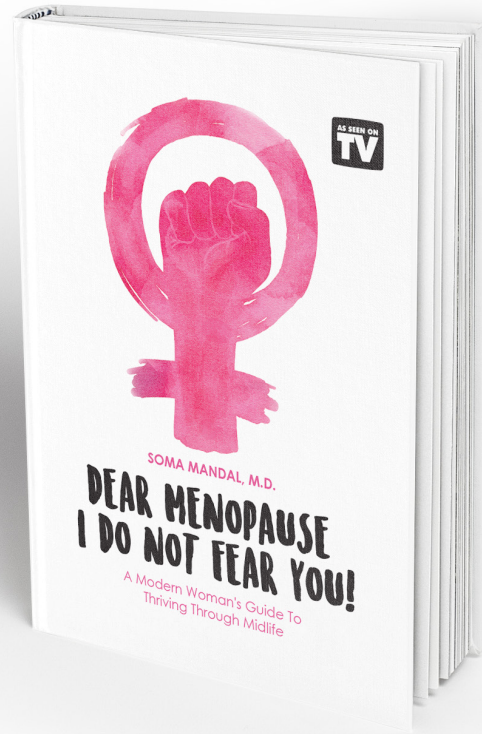
From hot flashes, fitting into those skinny jeans, night sweats and mood swings – to bald spots, hormone therapy, wrinkles and curing low self-esteem.

Dr. Mandal has you covered in this easy-to-read yet medically comprehensive discussion of menopause.

Included is the latest on natural therapies (including Ayurvedic treatments) – what works, what to avoid, and, for the first time, a special chapter on menopause considerations for women of color.

“Dear Menopause, I Do Not Fear You” will have you laughing-out-loud, feeling empowered and ready to grab life with both hands! An inspirational must-read for women everywhere!

Available on Amazon.com, iBooks and at select leading bookstores nationwide.



PRESS RELEASE

Premier Physician Marketing
54th W 40th Street
New York, NY 10018

NEW BOOK ON MENOPAUSE WARNS WOMEN OF COLOR HAVE GREATER HEALTH RISKS FROM MENOPAUSE

For Immediate Release
October 15, 2017

New York, New York. Menopause – while widely known as “every woman’s midlife change,” and infamous for its onset of mood swings and hot flashes – is surprisingly the most misunderstood biological transition for men, women and even medical professionals.

New Jersey based Internist Dr. Soma Mandal explains, “One of the biggest medical myths about menopause is that there is some universal experience that women undergo during their transition. While it’s true that there can be similarities, few women realize that the menopause journey is completely differently for each woman. No two women experience menopause the same way.”

Dr. Mandal, who is New York born and raised, has helped thousands of women transition through menopause. “I see so many women who come in and say pretty much the same things: ‘Dr. Mandal, I’m not sleeping, I’m not happy... I just feel off.’ They don’t even consider that what they’re experiencing is related to menopause. However, there is help, and they don’t have to feel like this for the rest of their lives. For some reason, there’s a massive deficit in general knowledge

about menopause – that we don't have around other biological transitions like puberty, pregnancy and childbirth.”

The knowledge deficit, it appears, is not just restricted to people without formal medical training. Dr. Mandal recalls one instance, “I had a new patient come visit me once – she was at the end of her tether. She was a highly successful businesswoman who ran a big company, she had a young family and started to experience the onset of perimenopause. She went to her family doctor, who was extremely well known, for help. Her stress levels were through the roof, she was feeling bloated, lethargic and not at all like herself. He told my patient that there wasn't much he could do to help her, and that she should probably give up her business! Thank goodness she didn't listen!”

One of, perhaps, the most little-known facts about menopause is that different cultural backgrounds can have heightened medical risks during menopause, so special care is needed through the transition. “There have been a lot of studies conducted on women of color and menopause, particularly in the UK – not so much in the USA yet.” Dr. Mandal explains, “It's well documented that South-Asian women tend to get heart disease earlier and die more often from heart problems when compared with other Asian groups and Caucasians. In African American women, the occurrence of cardiovascular disease is 45% compared with 35% in Caucasian women, and more African American women die from this disease than any other ethnic group – so extra special care is needed.”

Dr. Mandal hopes to help bridge the knowledge gap about menopause – with the publication and release of her new book entitled “Dear Menopause, I Do Not Fear You – A Modern Woman's Guide To Thriving Through Mid-Life.” The book takes a light-hearted yet medically comprehensive approach to discussing everything about menopause. It is essential reading for men wondering just what's going on with their significant others, as well as for women wanting to

learn about the latest in natural therapies, HRT demystified and how women of color can empower themselves by knowing their risks ahead of time. Published by Premier Physician Media, “Dear Menopause, I Do Not Fear You” is released today – available on Amazon.com and at select leading bookstores throughout the country.

For more information, please visit www.DrSomaMandal.com.

ABOUT THE AUTHOR - DR. SOMA MANDAL, MIDLIFE WOMEN'S HEALTH & MENOPAUSE SPECIALIST

Widely regarded as one of America's top physicians in midlife women's health, Dr. Soma Mandal is a board-certified Internist who has helped thousands of women to successfully navigate menopause and reinvent themselves along the way. Earning her MD at New York University School of Medicine, and a prestigious research fellowship at Oxford University in England, Dr. Mandal brings a fresh perspective to the topic of menopause, particularly for women of color. Fusing traditional Western medicine with her Eastern roots, Dr. Mandal's approach combines the best of both worlds. Her unique approach provides women with a much-needed, easy-to-follow process, making the forties, fifties and beyond, fabulous. Dr. Mandal is a regular guest on numerous shows on the topic of midlife women's health.

MIDLIFE WOMEN'S HEALTH ARTICLE IDEAS

1. Menopause Myth-Busting – Take This Simple Quiz and You Might Be Surprised at the Difference Between Medical *Fact vs Fiction*
2. *Menopause for Men* – Helping the Other Sex Figure Out Just What is Going on With Their Significant Other as They Transition Through Menopause
3. The Best Sex of Your Life is After Menopause? *Dr. Soma Mandal Thinks So*
4. Why plant-based HRT (hormone replacement therapy), which has been praised by some celebrities, can cause cancer and be life threatening. Get the medical facts first.
5. Why Women of Color Have to Take Extra Care of Themselves Through Menopause – *A Warning*
6. Breast Health and Menopause Madness
7. Tips to Clear Brain Fog
8. How to Uplevel Your Life Through Menopause
9. Hormone Therapy Demystified – and Why the “Natural Route” May be the Most Un-natural of All
10. How to Fit into Your Skinny Jeans Again When You're Going Through Menopause

MEET DR. SOMA MANDAL

MIDLIFE WOMEN'S HEALTH & MENOPAUSE SPECIALIST



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Fusing traditional Western medicine with her Eastern roots, Dr. Mandal's approach combines the best of both worlds. Her unique approach provides women with a much-needed, easy-to follow process, making the forties, fifties and beyond, fabulous.

Learn more at www.DrSomaMandal.com.

MEDIA APPEARANCES & INTERVIEW REQUESTS

Dr. Soma Mandal has been featured on PBS, Star Tribune, Arizona Republic, Boston Globe, Morningstar and many other news and media outlets.

To schedule a media interview, please email Josephine Charles at *Josephine@PremierPhysicianMarketing.com* or call (212) 381-6184.

CURRICULUM VITAE



DR. SOMA MANDAL

HELPING WOMEN UPLEVEL THROUGH MIDLIFE

CONTACT

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of New Jersey
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Berkeley Heights, NJ 07922
(917) 545-5903

AWARDS

SUPER DOCTORS

Millburn-Short Hills
Magazine, 2018

TOP DOCTORS, WOMEN'S HEALTH

Inside Jersey Magazine,
Castle Connolly, 2018

TOP DOCTORS

Inside Jersey Magazine,
Castle Connolly 2016-2018

NEW YORK METRO AREA TOP DOCTORS

Castle Connolly, 2016-2019

LANGUAGES

SPANISH

functionally fluent

BENGALI

fluent and literate

WORK EXPERIENCE

2014- Present **PARTNER, INTERNIST**

Summit Medical Group of New Jersey, Berkeley Heights, NJ.

2012-2014 **MEDICAL DIRECTOR**

Ethicon Employee Health, Take Care Health Services,
Bridgewater, NJ.

2006-2012 **SOLO-PRACTITIONER AND OWNER**

Private Medical Practice, NY, NY.

2007-2012 **MEDICAL DIRECTOR**

NYU Nursing Faculty Practice, NY, NY.

2011- 2012 **PHYSICIAN ADVISOR**

Executive Health Resources, Newtown Square, PA

2006-2012 **ATTENDING PHYSICIAN**

Dept. of General Internal Medicine, NYU Medical Center, NY, NY.
Clinical Instructor, Dept. of General Internal Medicine, NYU
School of Medicine, NY, NY.

2006-2012 **BOARD OF GOVERNORS**

NYU School of Medicine, NY, NY.

2005-2007 **ATTENDING PHYSICIAN**

Dept. of Medicine, Maimonides Medical Center, Brooklyn, NY.

2012-2014 **ATTENDING PHYSICIAN**

Dept. of Medicine, Gouverneur Healthcare Services, NY, NY.

CONTACT

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Social Media

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