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Signature Wellness

DR. ARNOLD'S OFFICE

Issue #3 · October 21, 2026

THE SIGNATURE WELLNESS WEEKLY

Better Questions.

Better Understanding. Better Care.

George M. Arnold, MD, FRCSC, FSOGC, ABAARM, FAARM · Founder & Medical Director

Dear Signature Wellness Community,

Sometimes, a better conversation about health begins with a better question.

> *Why am I feeling this way now?*
>
> *How do I know which information to trust?*
>
> *And when everyone is focused on my diagnosis, who is looking after the rest of me?*

Those questions connect this week's newsletter, from my **Why Now?** presentation this Friday to my upcoming breast cancer book and the work we are doing to help train other clinicians.

They also reflect something I believe deeply: good care begins with listening, builds on evidence, and keeps the whole person in view.

1. THIS FRIDAY: WHY NOW?

MENTAL HEALTH EDUCATION AND CONNECTION DAY

Mental health through *every age and every stage*

> *"I've managed everything for years. Why am I struggling now?"*

It is a question worth taking seriously.

Perhaps someone who has always coped well begins feeling overwhelmed. Sleep becomes difficult. Anxiety appears. Concentration slips. The demands of daily life suddenly feel harder to manage.

The circumstances may look familiar. The person experiencing them may have changed.

This Friday, October 23, I will be speaking at **Mental Health Education and Connection Day at Markham Stouffville Hospital**, exploring the question at the heart of my presentation:

Why now?

Why did these symptoms begin at this stage of life? What has changed? And what might we miss if we focus only on naming the symptom?

The brain is part of the body

We often discuss mental and physical health as though they belong in separate rooms. But the brain lives in the same body as everything else.

For some women, changes around the menstrual cycle, pregnancy, the postpartum period, and the menopause transition can be accompanied by significant changes in mood. Understanding that connection is an active area of research. **Source**

During the talk, I will explore how life stages, biology, experience, and circumstances can come together, and why two people may experience the same transition very differently.

Men belong in this conversation too. Asking about sleep, mood, health, stress, and function matters for everyone.

Sometimes the answer involves more than one kind of care

One of the central messages of Friday's talk is this:

> ***"Sometimes hormones are part of the answer. Sometimes psychiatric treatment is part of the answer. And sometimes both are needed, not because either treatment has failed, but because the person's needs have changed."***

People deserve a careful assessment and a plan that responds to what they are experiencing. They also deserve compassion.

The words we use can make it easier for someone to ask for help, or make them feel that they should stay silent. I will be talking about that too.

KEYNOTE PRESENTATION

Why Now?

Mental health through every age and every stage

Mental Health Education and Connection Day
Markham Stouffville Hospital Mental Health Program

FEATURING KEYNOTE SPEAKER

Dr. George Arnold

Physician, educator, innovator, and expert in menopause, andropause, and holistic wellness

DATE AND TIME

Friday, October 23, 2026
8:00 a.m. to 1:00 p.m.

LOCATION

Cornell Community Centre, Rehearsal Hall
3201 Bur Oak Ave, Markham, ON

- Free Admission
- Complimentary Parking
- Light Refreshments
- Community Booths

My presentation will be followed by an extended opportunity for questions and discussion. I look forward to seeing familiar faces and continuing this important conversation.

EVENT INFORMATION AND REGISTRATION
Through Oak Valley Health

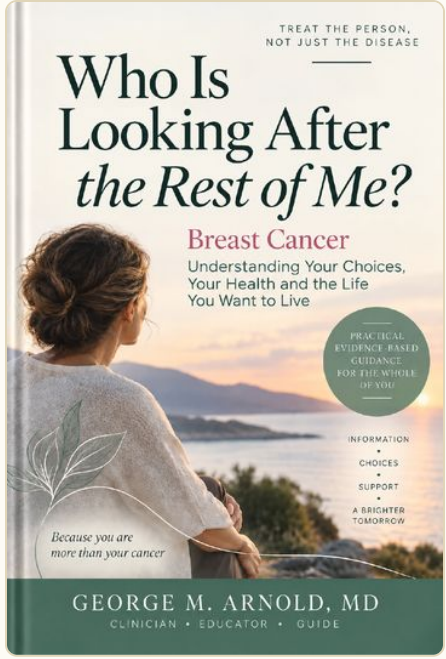
2. MY UPCOMING BREAST CANCER BOOK

TITLE REVEAL · SIGNATURE WELLNESS PUBLISHING

Who Is Looking After the Rest of Me?

Over the past several newsletters, I have shared some of the thinking behind my upcoming breast cancer book.

Today, I want to share its title:



Who Is Looking After the Rest of Me?

The title captures a question that deserves a place in breast cancer care.

A woman may have a team focused on her tumour, surgery, radiation, and medications. Yet she may still be wondering:

What about my sleep?

My bones?

My sexual health?

My relationship?

My ability to work, think clearly, and feel like myself?

And how do I understand the choices being presented to me?

> ***Those questions belong in the conversation about her care.***

Understanding the diagnosis and the decisions

The words *breast cancer* can make it difficult to hear anything that follows.

Suddenly, there are unfamiliar terms, appointments, treatment recommendations, and numbers that may sound frightening without being fully explained.

The book is being written to help women slow that conversation down enough to understand it.

What does my particular diagnosis mean?

What outcome is this treatment intended to improve?

How much might it help someone in my circumstances?

Over what period of time?

What are the possible side effects and alternatives?

What do we know, and what remains uncertain?

These questions can help women participate more fully in conversations with their healthcare teams.

A book to work through, not simply read

Alongside the explanations and patient stories, the book is being developed with a companion journal to help readers organize their questions, understand their priorities, and prepare for appointments.

Because remembering everything in the consultation room can be difficult. And understanding a recommendation takes more than being handed information.

Throughout the book, I return to five principles:

- *Listen.*
- *See the whole person.*
- *Facts, Not Fear.*
- *Understand the options.*
- *Decide together.*

I will share more as the book moves toward publication through **Signature Wellness Publishing**.

For now, its title expresses the promise behind it:

The woman receiving the treatment deserves as much attention as the disease being treated.

HEALTH INFORMATION

In a world where anyone can claim to be *an expert*

A polished website. A confident video. Thousands of followers. The word *expert* beside someone's name.

None of those things, on its own, tells you whether the advice is reliable.

Health information is everywhere. Sorting through it can be exhausting, especially when different people sound equally certain while saying opposite things.

So how should you decide whom to trust?

Look beyond confidence

Useful questions include:

> **What is this person's relevant training?**
> Expertise in one area does not automatically extend to every health topic.

> **Can I check the evidence?**
> Reliable explanations should make it possible to trace important claims to their sources.

> **Are they presenting the whole picture?**
> Benefits, harms, alternatives, and uncertainty all deserve attention.

> **Do they explain whom the findings apply to?**
> A study may be useful without answering your particular question.

> **What are they selling?**
> A financial interest does not automatically make advice wrong, but it should be clear.

> **Can they acknowledge uncertainty or change their mind?**
> "We do not know yet" can be a thoughtful answer.

These questions apply to everyone, including physicians, researchers, influencers, professional organizations, and clinics like ours.

Experience matters. So does continuing to learn.

Experience can help clinicians recognize patterns and understand how treatment decisions affect real lives. But experience also needs to be questioned and informed by evidence.

A patient's story can identify something worth investigating. A study can challenge something we thought we understood. Neither should be dismissed simply because it is inconvenient.

The responsibility is to examine both carefully.

Bring your questions

If you find an article, podcast, video, or AI answer that raises concerns about your care, bring it to your appointment. You should feel comfortable asking:

> ***"I read something different. Can we talk about it?"***

Sometimes the information will be useful. Sometimes it will be incomplete. Sometimes it will be accurate but apply to a different situation.

The goal is to help you understand the recommendation well enough to make an informed decision.

Trust should grow through clear explanations, honest answers, and thoughtful care.

4. INTRODUCING SIGNATURE WELLNESS INSTITUTE

TEACHING AND TRAINING

Helping more healthcare professionals deliver *thoughtful, individualized care*

Where you get your health information matters. So does where healthcare professionals get their training.

At Signature Wellness, we work every day to help patients address hormone concerns, manage weight, and improve their health. We are now extending that work by teaching other healthcare professionals, including physicians, how to provide the same kind of thoughtful, individualized care.

That is the purpose of Signature Wellness Institute.

I created the Institute to bring together scientific evidence, clinical experience, and practical teaching, helping clinicians understand both the treatments available and the people who may benefit from them.

Teaching the thinking behind the treatment

Knowing which medication to prescribe is only part of the work. We also need to ask:

What has changed in this person's life or health?

What other explanations should we consider?

What does the evidence support?

What matters most to the patient?

And how will we know whether treatment is helping?

Through structured teaching, case discussions, and supervised patient care, the Institute helps clinicians work through those questions.

Our current fellowship teaching includes practical hormone prescribing, assessing treatment response, managing tolerance, and adjusting care as a patient's needs change.

> ***The goal is to help clinicians build the knowledge, judgment, and confidence to care for the individual sitting in front of them.***

For me, this is a natural extension of the work we do at Signature Wellness.

Helping one patient can improve one life. Helping another healthcare professional provide better care can extend that benefit to many more.

ONE THOUGHT FOR THE WEEK

Before your next health appointment, write down three things:

- ☐ **What has changed?**
- ☐ **What matters most to me?**
- ☐ **What do I need to understand before deciding?**

Bring those answers with you.

They can help turn a conversation about symptoms and test results into a conversation about your life.

Warm regards,

Dr. George Arnold

Founder and Medical Director

Signature Wellness

Science. Experience. Compassion.

Signature Wellness | Dr. Arnold's Office

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