

Menopause Resources

This list of helpful resources has been compiled by health as well as social prescribing professionals, to support women who are going through the menopause.

Books:

Hormone Repair Manual – Lara Briden ND

The Perimenopause Solution – Dr Shahzadi Harper & Emma Bardwell

Preparing for the Perimenopause and Menopause – Dr Louise Newson

Oestrogen Matters (the truth around HRT) - Avrum Blooming, Oncologist and Dr Carol Tavris PHD

Cracking the Menopause: while keeping yourself together – Mariella Frostrup & Alice Smellie

Everything you need to know about the menopause – Kate Muir (producer of the Davina menopause TV programmes)

The Complete Guide to the Menopause - Dr Annice Mukherjee

The Complete Guide to POI and Early Menopause - Dr Hannah Short and Dr Mandy Leonhardt

Managing the Menopause – Nick Panay, Paula Briggs (this resource was written for doctors)

Websites

Women's Health Concern – patient arm of the British Menopause Society – help and advice on a range of women's health topics including menopause: <https://www.womens-health-concern.org/help-and-advice/factsheets/menopause/>

Menopause Matters - independent website providing information about the menopause, symptoms and treatment options: <https://www.menopausematters.co.uk/>

Rock My Menopause - is a campaign of the Primary Care Women's Health Forum, a group of 10,000 healthcare professionals with a special interest in women's health. Website provides information and advice: <https://rockmymenopause.com/>

Dr Louise Newson – perimenopause and menopause booklets, factsheets and videos: <https://www.balance-menopause.com/>

Zoe Science & Nutrition research – scientific evidence-based articles: <https://joinzoe.com/learn/category/life-stages/menopause>

Manage my menopause – tailored menopause advice: <https://www.managemymenopause.co.uk/>

Henpicked – advice for working women during the menopause: www.henpicked.net

LGBTQIA+ Menopause – for trans men, non-binary and intersex people, amongst others for connections and inclusive information: www.queermenopause.com

The Daisy Network – support and networking for young women with POI, Premature Ovarian Insufficiency and early menopause: www.daisynetwork.org

Podcasts:

The Dr Louise Newson Podcast	Henpicked Menopause Podcast
Newson Health Menopause Society	Postcards from Midlife
The Liz Earle Wellbeing Show	Peri Menopause Power
The Happy Menopause	

Menopause Apps:

The Balance App – Dr Louise Newson - menopause tracking app:

<https://www.menopausedoctor.co.uk/resources/the-balance-app>

Speak to your Health Connector for other NHS app recommendations.

Government Information:

Government strategies and policies: www.gov.uk/government/news/health-experts-share-priorities-for-women-health-strategy

NICE Menopause Guidelines: <https://www.nice.org.uk/guidance/ng23>

Societies & organisations:

The British Menopause Society – Vision for Menopause Care & where to find support:

<https://thebms.org.uk/>

The Menopause Charity: <https://www.themenopausecharity.org/>