

# Menopause Resources

## GAME



### Menopause Game

This game raises awareness of the menopause, challenges common myths and helps women to recognise and manage symptoms. It can be played by anyone to raise general understanding of the menopause and reduce stigma around the menopause.

Presenting menopause information in a fun, interactive and non-judgemental way, it empowers players to share their experiences and their concerns.

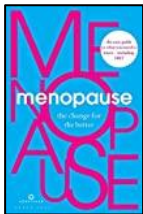
## BOOKS



### Menopause: All you need to know in one concise manual

By Lisa Newson (2019). Publisher: Haynes. ISBN: 9781785216428

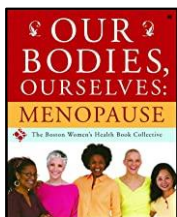
Written by a menopause specialist, this will give women and their families the facts for stages and symptoms and details for safe and effective treatments for their particular needs.



### Menopause: The change for the better

By Deborah Garlick and Henpicked (2018). Publisher: Green Tree. ISBN: 9781472948731

Reflecting the latest NICE guidelines and information about HRT, this book provides a balanced view and encourages you to explore the options and think about what's right for you. Covering the facts, the myths, different approaches to menopause, including natural and medical options, and what to expect. Also included are quotes and stories from women sharing their own experiences.

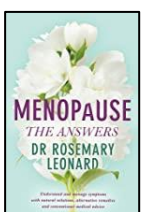


### Our bodies, ourselves: Menopause

By the Boston Women's Health Book Collective (2006). Publisher: Simon & Schuster.

ISBN: 9780743274876

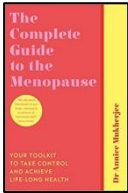
Discussing menopause in the context of the rich and varied life experiences of women from diverse backgrounds, this reference emphasizes self-care and prevention strategies, such as good nutrition and exercise, as the foundation of health through the menopausal transition and beyond.



### Menopause: The answers

By Rosemary Leonard (2017). Publisher: Orion Spring. ISBN: 9781409153344

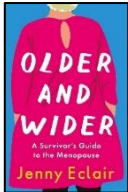
Covering everything from hot flushes, changes to your menstrual bleeding pattern, how to tackle sex after menopause, and advice on alternative remedies, this book is a comprehensive guide on how to navigate your body's changes.



## **The complete guide to the menopause**

By Annice Mukherjee (2021). Publisher: Vermilion. ISBN: 9781785043291

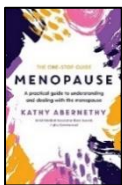
This book includes a lifestyle toolkit and demystifies the menopause by looking at: how to manage the menopause at work, how things change in the decades after the menopause, what happens if you have a medically induced menopause and when to consider hormone therapies and HRT.



## **Older and wider: A survivor's guide to the menopause**

By Jenny Éclair (2020). Publisher: Quercus. ISBN: 9781529403541

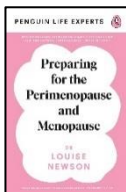
Older and wider is Jenny Eclair's hilarious, irreverent and refreshingly honest compendium of the menopause. From C for Carb-loading and G for Getting Your Shit Together to I for Invisibility and V for Vaginas, Jenny's whistle-stop tour of the menopause in all its glory will make you realise that it really isn't just you.



## **Menopause: The one-stop guide**

By Kathy Abernathy (2019). Publisher: Souvenir Press. ISBN: 9781788165389

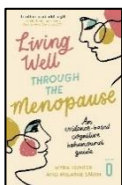
A welcome addition to the range of material now available to help women understand their menopause. Kathy Abernathy understands that menopause is an intensely personal experience and offers thoughtful advice for treatment and lifestyle options.



## **Preparing for the perimenopause and menopause**

By Louise Newson (2021). Publisher: Penguin Life. ISBN: 9780241504642

Despite being something that almost every woman will experience at some point in their lives, misdiagnosis, misinformation and stigma are commonplace. In Preparing for the Perimenopause and Menopause, the UK's leading menopause expert, Dr Louise Newson will demystify the taboos and show why every woman should be perimenopause aware, regardless of their age.



## **Living well through the menopause: An evidence-based cognitive behavioural guide**

By Myra Hunter & Melanie Smith (2021). Publisher: Robinson books. ISBN: 9781472144782

Written in an accessible and interactive style, with case examples and quotes, this guide will empower you and, specifically:

- Help you to understand and cope with your physical and emotional reactions to the menopause
- Clarify your key goals, thoughts and feelings using interactive questions and homework sheets
- Enhance your self-care through behaviour change
- Help partners and loved ones to support you through the menopause



## The good menopause guide

By Liz Earle (2018). Publisher: Orion Spring. ISBN: 9781409164180

Liz Earle, MBE, is one of the world's most respected and trusted authorities on wellbeing. Following on from her bestselling books *Skin* and *The Good Gut Guide*, this beautifully illustrated guide shares all of the information, tips and advice you need for a healthy menopause. She provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem.

**The books and the game listed above are available from the library. The books can be found on the library shelves and can be borrowed for four weeks at a time. You can also ring/email to borrow them and we can post them out to you.**

## ONLINE RESOURCES



### NHS Employers: Menopause and the Workplace

<https://www.nhsemployers.org/articles/menopause-and-workplace>

Information on how menopause can affect women at work, and practical guidance for employers on how to improve workplace environments for them.



### NICE: Guideline NG23 - Menopause: diagnosis and management

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

This guideline covers the diagnosis and management of menopause, including in women who have premature ovarian insufficiency. The guideline aims to improve the consistency of support and information provided to women in menopause.

#### Who is it for?

Healthcare professionals who care for women in menopause.

Women in menopause, and their families and carers.



### Society of Occupational Medicine: Guidance on Menopause and the workplace

<https://www.som.org.uk/sites/som.org.uk/files/Guidance-on-menopause-and-the-workplace.pdf>

These practical guidelines aim to help women experiencing troublesome menopausal symptoms, and to support them and their colleagues and managers in tackling the occupational aspects of menopausal symptoms.



### NHS: Menopause

<https://www.nhs.uk/conditions/menopause/>

Patient information, including overview of menopause, symptoms, treatment and advice on when to see your GP.



### **British Menopause Society**

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

The British Menopause Society (BMS), established in 1989, educates, informs and guides Healthcare professionals on menopause and all aspects of post reproductive health. This is achieved through an annual programme of lectures, conferences, meetings, exhibitions and our interactive website.

### **Women’s Health Concern**

<https://www.womens-health-concern.org/>

The patient arm of the British Menopause Society (BMS). We provide a confidential, independent service to advise, reassure and educate women of all ages about their gynaecological and sexual health, wellbeing and lifestyle concerns.



### **The Menopause Charity**

<https://www.themenopausecharity.org/>

To bust myths, overcome ignorance and make menopause symptoms history. The Menopause Charity aims to:-

- Support women with fact-based research and ensure access to the safest HRT
- Help educate healthcare professionals and employers in the menopause
- Campaign for excellent and inclusive menopause care worldwide



### **Pausitivity: Menopause support pack**

<https://www.pausitivity.co.uk/>

Downloadable support pack containing: symptom sorter, ask the doctor, self-care tips, menopause statistics and resources to help with menopause in the workplace.



### **Henpicked: Menopause Hub**

<https://henpicked.net/menopause-hub/>

Expert information, useful resources, top tips and women’s stories.



### **PositivePause**

<https://www.positivepause.co.uk>

PositivePause embrace midlife, menopause and beyond, helping women to be the best that they can be. Formed in 2016, by Ann and Jo, both menopausal, frustrated and over-whelmed by the range of information available online as they navigated the menopausal minefield. The website looks at the menopause with a more optimistic, up beat approach, to help you find the support you need during this complex time in your life.



### **Manage My Menopause**

<https://www.managemymenopause.co.uk/>

Tailored menopause advice to help women manage their symptoms.



### **The Daisy Network**

<https://www.daisynetwork.org/>

Daisy Network is a charity dedicated to providing information and support to women diagnosed with Premature Ovarian Insufficiency, also known as Premature Menopause.

Their aim is to:

- Provide a support network of people to talk to

- Allow members to share information about their personal experience of POI
- Provide information on treatments and research within the fields of HRT and assisted conception
- Raise awareness of the condition among GPs and the broader medical community



### **My Menopause Doctor**

<https://www.menopausedoctor.co.uk/about>

Website by menopause specialist, Dr Louise Newsom, with resources, videos and news relating to the menopause.



### **Mumsnet: menopause Forum**

<https://www.mumsnet.com/Talk/menopause>

A forum to talk to other women going through the menopause.



### **Gransnet: Menopause**

<https://www.gransnet.com/health/menopause>

Resources and forum on the menopause.



### **Balance Menopause Support App**

<https://balance-app.com/>

Brought to you by menopause specialist, Dr Louise Newsom and thousands of people who've shared their perimenopause and menopause insights, Balance allows you to track your symptoms, access personalised expert content, share stories and lots more. Available from Google Play and the App Store.



Find out more about the **Menopause Staff Network** here:

<https://intranet.sthk.nhs.uk/extranet/circle/61d0b1d38343a933fa6984a2e2119a67?page=7f5d04d189dfb634e6a85bb9d9adf21e> on the Trust Extranet, or email: [wellbeingevents@sthk.nhs.uk](mailto:wellbeingevents@sthk.nhs.uk)



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