

BOOKS



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.



Preparing for the perimenopause and menopause

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

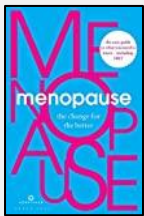
Drawing on research and stories from a diverse range of women, this book has advice on symptoms to look out for, HRT treatment options, going through an early menopause, getting a good night's sleep, optimising nutrition, mental health during the menopause.



Menopause: all you need to know in one concise manual

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

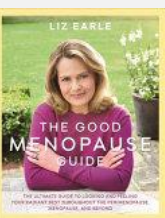
Written by a menopause specialist, this will give women and their families the facts for stages and symptoms and details for safe and effective treatments for their particular needs.



Menopause: the change for the better

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

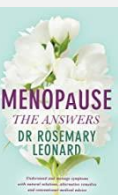
Reflecting the latest NICE guidelines and information about HRT, this book provides a balanced view and encourages you to explore the options and think about what's right for you. Covering the facts, the myths, different approaches to menopause, including natural and medical options, and what to expect.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



The good menopause guide

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

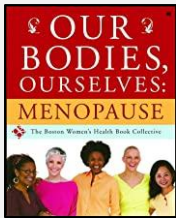
This guide shares all of the information, tips and advice you need for a healthy menopause. It provides guidance on how to balance your hormones, the importance of a nourishing diet, the myths and facts about HRT, osteoporosis, how to optimise bone health, and how to boost energy and self-esteem.



Menopause: the answers

By Rosemary Leonard (2017). 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.



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.

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



BMJ Best Practice topic: Menopause

<https://bestpractice.bmj.com/topics/en-gb/194>

This step by step guidance, for healthcare professionals, covers the theory, diagnosis and management of menopause.



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.



International Menopause Society

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

The International Menopause Society (IMS) brings together the world's leading experts to collaborate and share knowledge about all aspects of aging in women. The IMS advocates evidence-based treatment options that optimise mid-life women's health and promotes best practice in women's health care. It has a section for both professionals and women.



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.



Balance

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

Brought to you by menopause specialist, Dr Louise Newson 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.



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/>

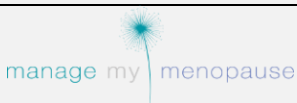
Expert information, useful resources, top tips and women's stories



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 overwhelmed by the range of information available online as they navigated the menopausal minefield. The website looks at the menopause with a more optimistic, upbeat 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

MENOPAUSE NETWORK



Monthly Menopause Café Network Group

All are welcome to join our Alternate Monthly Network Meetings on Teams. Come and find out more information about Menopause for yourself, a colleague, or as a Manager supporting staff who may be experiencing symptoms of Menopause. Previous session recordings are available on the Staff Engagement App and Intranet. Book onto the session via wellbeingevents@sthk.nhs.uk

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