

Further support and resources on menopausal transition

NATIONAL MENOPAUSE SOCIETIES

Australasian Menopause Society Fact Sheets (Aus and NZ):

<https://www.menopause.org.au/health-info/fact-sheets>
Information sheets covering symptoms, treatment options, early menopause and myth-busting surrounding menopause.

Canadian Menopause Society:

<https://www.sigmamenopause.com/consumers>
Information about menopause, advice on treatments and lifestyle-orientated considerations.

North American Menopause Society (USA):

<http://www.menopause.org/for-women>
Includes a blog written by medics, a video series discussing various aspects of menopause and information about menopause app – a free app to use to facilitate discussion about the menopause with clinicians.

International Menopause Society (Europe):

<http://www.imsociety.org>
Comprehensive guide to menopause, including a glossary and patient information leaflets published yearly on World Menopause Day.

For national menopause societies affiliated to IMS, please visit: <https://www.imsociety.org/cams.php>

WOMEN'S HEALTH ORGANIZATIONS

Menopause and U. (Canada):

<https://www.menopauseandu.ca/>
Website run and endorsed by The Society of Obstetricians and Gynaecologists of Canada. Discusses a range of symptoms, choices surrounding lifestyle and treatment, and a diagnostic quiz.

Jean Hailes for Women's Health (Australia):

<https://jeanhailes.org.au/health-a-z/menopause>
Not-for-profit organization that advocates and provides easy-to-digest information on women's health across different stages of life. Outlines experiences of menopause including mental health, early menopause and information for partners.

The Daisy Network (UK):

<http://www.daisynetwork.org.uk/>
Information hub and support network for women experiencing or have experienced early menopause (before the age of 45).

Women's Health Concern (UK):

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

Information from the British Menopause Society covering issues including menopausal hair loss, CBT for menopausal symptoms, HRT and contraception.

RESEARCH CENTRES

Centre for Menstrual Cycle and Ovulation Research (Canada):

<http://www.cemcor.ubc.ca/>
Includes a diary template to document and record symptoms to facilitate conversations with healthcare teams. This may also be useful for recording symptoms in preparation for employee-led discussions with their line managers.

Healthtalk Australia (Australia):

<http://healthtalkaustralia.org/>
Part of an academic network that produces research-based, digital resources on health-related topics and major illness from the perspective of patients and families. There is a section on 'Early menopause' on this website.

INDEPENDENT ADVICE AND INFORMATION HUBS

Menopause Matters (UK):

<https://www.menopausematters.co.uk/index.php>
Information hub founded by a medical team based in the UK. Provides information and advice on a range of medical-related menopause issues as well as a magazine published quarterly.

Red Hot Mamas (USA):

<http://redhotmamas.org/>
Award-winning digital health programme. Features an online support community and details on hospital-based information sessions across the United States.

FICTION AND POPULAR CULTURE

Estrogen's Storm Season (Jeylynn Prior, 2005) is a fictional story about 8 premenopausal women.

Menopause for dummies: Understanding the changes in your body, mind, spirit. (Marcia L. Jones, Theresa Eichenwald, Nancy W. Hall, 2002). Part of the well-known yellow-covered 'dummy' series that provides a factual and visually-led approach to menopause.

You're still hot to me: The joys of menopause (Jean Kittson, 2013). A humorous and affirming take on the experience of women by Australian comedian, Jean Kittson.