



## Contact Sheet: Menopause

### WEBSITES:

#### **NHS Inform**

Web: <https://www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/menopause>

The NHS Scotland website offers an explanation of what the menopause is, symptoms and how to manage them, and treatments.

#### **Let's Talk Menopause**

Web: [www.letstalkmenopause.co.uk](http://www.letstalkmenopause.co.uk)

This website aims to help raise awareness and to provide accurate information on the menopause. It offers evidence-based information and support, helping women to make informed decisions about how to manage their menopause and so improve their quality of life. There is also a free menopause diary to track how things are affecting you and your life. You'll be able to see if there are any situations, drinks or foods that might affect your menopause.

#### **Menopause Matters**

Web: [www.menopausematters.co.uk](http://www.menopausematters.co.uk)

This independent website provides up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. It provides information on what happens leading up to, during and after the menopause, what the consequences can be, what you can do to help, and what treatments are available.

### BOOKS:

- Men...Let's talk menopause: What's going on and what you can do about it.  
By Ruth Devlin.
- Managing Hot Flushes and Night Sweats: A cognitive behavioural self-help guide to the menopause.  
By Myra Hunter and Melanie Smith.
- Me and my menopausal vagina.  
By Jane Lewis.