SNEE Menopause and Hormone Replacement Therapy Resources for patients

NHS Suffolk and North East Essex Integrated Care Board

What is the menopause?

- Menopause Matters: What and when is menopause?
- Women's Health Concern: Menopause factsheets
  - Information available in English, Bulgarian, Lithuanian, Polish, Romanian and Spanish
- British Menopause Society: A woman's relationship with the menopause
- Rock my menopause
- The Menopause Charity: Could it be menopause?
- Royal College of Obstetricians & Gynaecologists: menopause and later life

Premature Ovarian Insufficiency

- The Daisy Network

Hormone replacement Therapy (HRT)

- Women's Health Concern: HRT
- Women's Health Concern: HRT types, doses and regimens
- Women's Health Concern: HRT Benefits and risks
- Women's Health Concern: Understanding risks of breast cancer
- NHS: HRT prescription prepayment certificate

Testosterone

- Women's Health Concern: Testosterone

Lifestyle advice

- Joe Wicks: Menopause strength workouts
- NHS: Home workout videos
- NHS: Exercise
- Faculty of Sexual Health & Reproductive Healthcare: Contraception choices
- Menopause Matters: Alternative therapies
- Wellbeing of Women: How do I eat well for the menopause?
- Women's Health Concern: Digestive health and menopause
- Drinkaware: Understand more about your drinking
- Alcohol Change UK: Alcohol harms time for change
- Women's Health Concern: Alcohol and menopause
- Women's Health Concern: Heart health and cholesterol in menopause

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