



Helpful Menopause Resources For You

Here you will find a list of clickable links and resources to help you understand and manage the symptoms of the menopause.

We also recommend watching the [Menopause and Hormone Replacement Therapy webinar here](#). If you do wish to speak to your primary care team at your practice about HRT, it will speed things up if you let them know you have watched the webinar and also include your Body Mass Index (BMI) which can be calculated [using the BMI calculator here](#).

For Knowledge and Guidance

[Symptoms checker](#)

You may find this useful before your consultation

[Balance app](#)

Helps you track your symptoms and get guidance

[Rock My Menopause](#)

Source of empowering information and guidance.

[Information from Yeovil Hospital](#)

[Menopause Matters](#)

An award-winning independent website.

[The British Menopause Society \(BMS\)](#)

The specialist authority for menopause

[Women's Health Concern](#)

A confidential, independent service to advise, inform and reassure

[Dr Louise Newson](#)

Runs a private clinic but her website is open to all and well laid out

Helpful Diet and Exercise tips

[Food Facts and the Menopause](#)

[Menopause and Natural ways to cope](#)

[Pelvic Floor care and treatment advice](#)

[5 minute kitchen workouts](#). Try to aim for half an hour of exercise 5 times a week.

Good to share with your partner

[A helpful guide to understanding the menopause for partners.](#)

