

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 latest recording of our recent Menopause and HRT webinar (coming soon). 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

Symptom checker

You may find this useful before your consultation

Rock My Menopause

Source of empowering information and guidance.

Understanding Menopause

Essential guide to navigating menopause successfully.

Menopause Matters

An award-winning independent website.

The British Menopause Society (BMS)

The specialist authority for menopause

Women's Health Concern

This is the patient arm of the British Menopause Society. It provides evidence based resources for women which are regularly reviewed and updated by menopause specialists.

Helpful Diet and Exercise tips

Food Facts and the Menopause

Menopause: things you can do

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.

Bleeding after menopause help

Patients registered with a GP in Somerset can now self-refer into the Bleeding After Menopause Service, which means you do not have to go to your GP in the first instance. [Click to find out more about this service.](#)