

## Menopause overview resources - clinicians

### General information

- [British Menopause Society \(BMS\) resources](#) & [Principles and Practice of Menopause Care \(PPMC\) toolkit](#)
- [Primary Care Women's Health Forum \(PCWHF\)](#)
- [Menopause: Diagnosis and management \(being updated currently\)](#) - NICE
- [Menopause Matters](#)
- [HRT for generalists](#) - RCGP podcast (18 minutes) - Dr Toni Hazell & Dr Anne Connolly
- [Benefits and risks of HRT](#) - Wellspring Health
- [Surgical menopause: a toolkit for healthcare professionals](#) - BMS
- [Women's Health Podcast](#) - Personalised Care Institute (30 mins)
- [International Menopause Society Professional Activity for Refresher Training \(Impart\) training](#) (free)
- [Menopause in ethnic minority women](#) - BMS
- [Understanding the risks of breast cancer](#) - Women's Health Concern (WHC) infographic
- [Menopause](#) - Moving Medicine
- [Contraception for Women over 40](#) - FSRH
- [Osteoporosis Resources for Primary Care](#) - ROS

### Proactive care ideas

Menopause awareness sessions

- [Hrtea sessions](#) at Lennard Surgery

Practice website information

- [Menopause](#) - West Walk Surgery
- [Menopause Symptom Questionnaire](#) - BNSSG
- Patient resources overview

Menopause group consultations

- [Menopause Group Discussion](#) - Frome Medical Practice

## Menopause overview resources - patients

### General information

- [Women's Health Concern](#) (BMS)
- [Rock my menopause](#) (PCWHF)
- [Menopause Fact Sheet](#) - Self-care forum
- [Menopause Easy Read guides](#) - Learning Disability Wales
- [Perimenopause and HRT leaflets](#) - University of Bristol and available in English, Arabic, Punjabi, Somali and Urdu
- [Understanding Menopause](#) - Menopause Support
- [Understanding Menopause for Partners](#) - Menopause Support
- [Living Well Through The Menopause](#) - CBT book by Myra Hunter
- [Cognitive Behaviour Therapy for Menopausal Symptoms](#) - WHC
- [Silvercloud](#) - self-referral for computerised CBT-i
- [Sleep hygiene advice](#) - Sleep charity
- [Menopause and insomnia](#) - WHC
- [Nutrition in menopause](#) - WHC
- [Complementary and Alternative Therapies](#) - WHC
- [Emotional wellness in menopause](#) - WHC
- [HRT PPC](#) - NHSBSA

### Genito-urinary syndrome of menopause

- [Me & My Menopausal Vagina](#) - book by Jane Lewis about her experiences
- [Vulval Care](#) - PCDS
- [Yes natural vulval moisturisers and lubricants](#)
- [Self-referral for pelvic health physio at St Michael's](#)

### Patient support groups

- [Black Women in Menopause](#)
- [Queer menopause](#)
- [Surgical menopause](#)
- [Daisy Network](#) (POI)
- [M power](#) Greenway Centre, Bristol