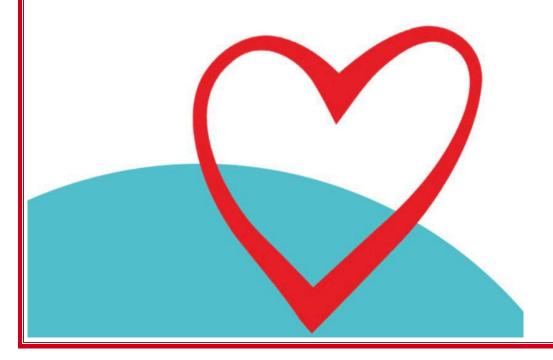


## Understanding Menopause

Your essential guide to navigating menopause successfully



## Everything you need to know in one handy booklet, available to download from menopausesupport.co.uk.

- ♡ What is menopause
- ♡ Diagnosing menopause
- ♡ Menopause symptoms
- ♥ Menopause support symptom checker
- ♡ Genitourinary symptom checker
- V Periods
- ♡ Managing menopause
- $\heartsuit$  Treatment options
- ♡ Long-term health
- ♥ Contraception
- ♡ Menopause after cancer treatment
- ♡ Menopause myths
- ♡ Talking to others about menopause
- ♥ Resources
- ♥ And more ...

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