



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
- ♥ Periods
- ♥ Managing menopause
- ♥ Treatment options
- ♥ Long-term health
- ♥ Contraception
- ♥ Menopause after cancer treatment
- ♥ Menopause myths
- ♥ Talking to others about menopause
- ♥ Resources
- ♥ And more ...



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