



Perimenopause and Menopause Resources

Online Blogs and Guides

Guide to the menopause https://www.forthwithlife.co.uk/blog/guide-to-the-menopause/	
Menopause Goddess https://www.menopausegoddessblog.com/	
MiddlesexMD https://middlesexmd.com/	
Doctor Anna Cabeca https://drannacabeca.com/pages/blog	
Red Hot Mamas <u>Red Hot Mamas - In Charge of Change.</u>	
Ellen Dolgen https://ellendolgen.com/	

Apps

Balance App balance - balance app (balance-menopause.com)	
MenoLife: Menopause, Perimenopause and Midlife Health Tracker App for Women https://menolabs.com/pages/our-app	
Health and her menopause App https://apps.apple.com/gb/app/health-her-menopause-app/id1519199698	
Caria App https://apps.apple.com/us/app/carla-menopause-midlife/id1477621356	
Headspace App: Meditation and Sleep Made Simple https://www.headspace.com/	
Calm App: Meditation and Sleep https://www.calm.com/	

Books

- The Menopause Manifesto – Dr Jen Gunter
- Slip Sliding Away: Turning back the clock on your vagina – By Lauren Streicher, MD
- Hot Flash Hell – By Lauren Streicher, MD
- Cracking the Menopause: While Keeping Yourself Together – Mariella Frostrup and Alice Smellie
- Everything You Need to Know About the Menopause (but were too afraid to ask) – Kate Muir
- The Perimenopause Solution: Take Control of your hormones before they take control of you – Anya Green
- It's Not You, It's Your Hormones: The essential guide for women over 40 to fight fat, fatigue and hormone havoc – Nicki Williams

- Preparing for the Perimenopause and Menopause – Dr Louise Newson

Videos and Clips

TED Talk: How menopause affects the brain – Lisa Mosconi https://www.youtube.com/watch?v=JJZ8z_nTCZQ	
TED Talk: The Link Between Menopause and Gender Inequity at Work – Andrea Berchowitz https://www.youtube.com/watch?v=P4h2zgJhC7E	
TED Talk: What Really Happens to Your Body During Menopause – Dr Jen Gunter https://www.youtube.com/watch?v=cheqkrCHkrl	
TED Talk: What Women in Menopause Learned about Exercise May Be A Lie – Debra Atkinson https://www.youtube.com/watch?v=k5IzLZ1mP94	
Why you should get excited about your menopause – Catherine O’Keeffe https://www.youtube.com/watch?v=Z4oKAZMT07s	
Menopause explained – a British Menopause Society Video https://www.youtube.com/watch?v=ddzdgEUOGIk	
Menopause, HRT and me!! – Davina McCall https://www.youtube.com/watch?v=KQNJRJQ-wdY	

Social Media

Patrick Ottley-O'Connor @ottleyoconnor #HeforShe

<https://twitter.com/ottleyoconnor>

Sally Bolton @sb_wellbeing

https://twitter.com/sb_wellbeing

Davina McCall @ThisisDavina

<https://twitter.com/ThisisDavina>

Dr Louise Newson @drlouisenewson

<https://twitter.com/drlouisenewson>

Newson Health Menopause Society @NHMenoSociety

<https://twitter.com/NHMenoSociety>

The Menopause Charity @TheMenoCharity

<https://twitter.com/TheMenoCharity>

Dr Nighat Arif @DrNighatArif

<https://twitter.com/DrNighatArif>

Black Women in Menopause @BLKMenopause

<https://twitter.com/BLKMenopause>

Menopause Café @Menopause_Cafe

https://twitter.com/Menopause_Cafe

Let's talk menopause & perimenopause

<https://www.facebook.com/groups/389966982595733>

Menopause Matters

<https://www.facebook.com/groups/425415375251256>

Perimenopause Hub

<https://www.facebook.com/groups/perimenohub>

Postcards from Midlife

<https://www.facebook.com/groups/681448662400206>

Useful Links

EMAS Menopause Essentials https://emas-online.org/emas-menopause-essentials/	
Women's Health in Education Work https://womened.org/campaigns-resources/Womens-Health-in-Education-Work	
Menopause Matters https://www.menopausematters.co.uk/	
Carol Vorderman supports the Menopause Workplace Pledge https://www.wellbeingofwomen.org.uk/news/carol-vorderman-discusses-menopause-experience-in-support-of-menopause-workplace-pledge-campaign	
British Menopause Society https://thebms.org.uk/	
Mail Online https://www.dailymail.co.uk/femail/article-10726573/DR-LOUANN-BRIZENDINE-explains-female-brain-works.html	
Menopause Support https://www.menopausesupport.co.uk	
Menopause Cafe https://www.menopausecafe.net/	