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FIRST POINT OF CALL

Regardless of whether Hormone Replacement Therapy (HRT) is an option or not, it's important to book a consult with a healthcare professional to get a diagnosis on symptoms. One can use the British Menopause Society website to find a local, private, accredited specialist.

Menopause clinics are good for complex cases or where person is not getting support from their NHS.



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CLINICIAN CHECKLIST

Making an appointment

- Ask receptionist for a clinician that is a specialist in menopause**
- Check they have read the [National Institute for Healthcare & Excellence \(NICE\) guidelines](#) on menopause and been formally trained on latest treatment options**
- Ask for a double appointment** (appointment times are 10 minutes but most surgeries offer an option for more complex or sensitive topics)

Prior to the appointment

- Buy a notebook** and use as your menopause diary where you can track your period dates and frequency, any perimenopausal symptoms and triggers including the ones you may find difficult to talk about
- Track your changes** to provide evidence for any bothersome aspects impacting you physically, psychologically or cognitively
- Take a list of any medication you are on** including herbal medicines or supplements as well as any relevant personal or family history
- If you're feeling worried, ask a friend or family member to join you**
- Make a note of any questions** you have or concerns about treatment

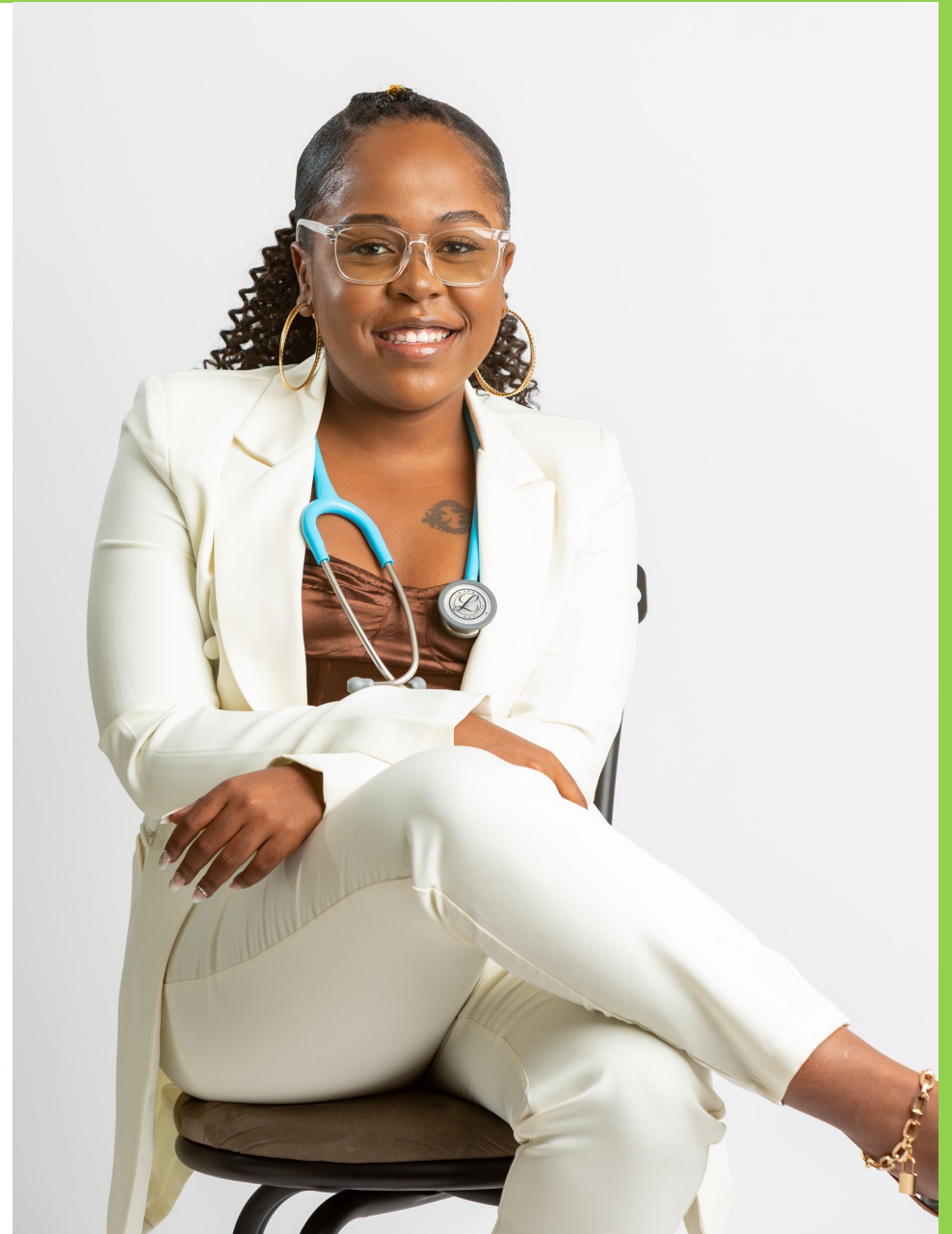
Your consultation: what to expect

- ✦ **Questions about your lifestyle**
- ✦ **An explanation of the different stages of menopause**
- ✦ **Common symptoms** and how the menopause is diagnosed (including testing)
- ✦ **Lifestyle changes** that could help your health and wellness
- ✦ **Benefits and risk of treatments** including HRT, Mirena Coil, non-hormonal treatments and lifestyle interventions
- ✦ **How the menopause may affect your future health**
- ✦ **Answers your list of questions and concerns**

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SPECIALIST BODIES

Acupuncture: BAcC, BAF, AAC
Bowel, Bladder & Continence
Coaching: AC, EMCC, ICF, UKHCA
Cognitive Behavioural Therapy (CBT & CBTi)
Herbal Medicine: BHMA, NIMHS, CPP
Hypnotherapy: APHP, AfSFH, CAH and GHR
Mindfulness: BAMBA
Naturopathy: BNA, GCRN
Neurodiversity
Pelvic Health Physiotherapy: The POGP, BAUS
Psychology / Psychotherapist / Counselling: BPS, BACP
Psychiatrist: Royal College of Psychiatrists
Sexual & Relationship therapists: COSRT
Sophrologist
Trauma



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WEBSITES

[Menopause Matters](#): resources, forum & magazine

[Menopause Support](#): consults to prepare for GP

[NHS Guidance on Menopause](#): evidence-based

[Over The Bloody Moon](#): free videos, podcasts, articles, trackers, checklists, and coaching tools & masterclasses to enhance menopause wellbeing

[Rock My Menopause](#): information on stages & symptoms

[The British Menopause Society](#): find a specialist, by location

[The Menopause Charity](#): downloadable fact sheets

[Women's Health Concern](#): fact sheets and FAQ



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FACEBOOK & FORUMS

[Over The Bloody Moon](#)

[Menopause Matters](#)

[Perimenopause Hub](#)

[Chilled Menopause](#)

[The Latte Lounge](#)

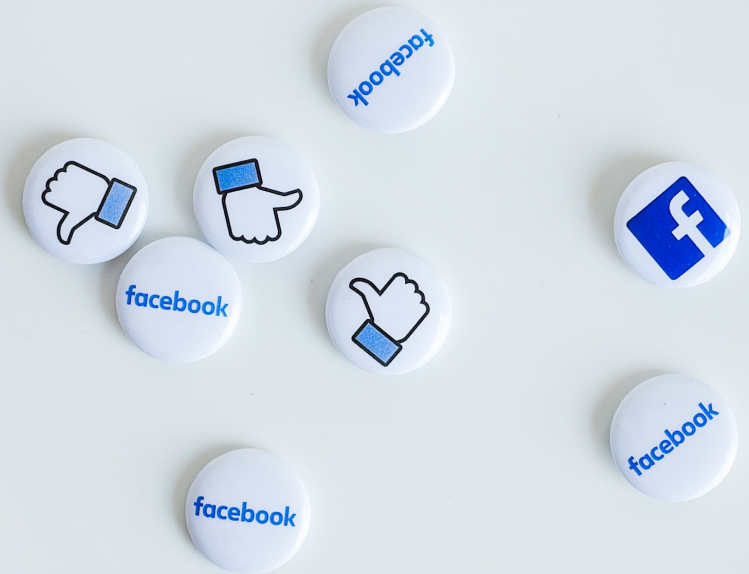
[The Menopause Room](#)

[Menopause Café](#)

[The Surmeno Connection](#) (surgical menopause)

[The Daisy Network](#) (early / premature menopause)

[Queer Menopause](#) (LGBTQI+)





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BOOKS

perimenopause power by Maisie Hill

The Perimenopause Solution by Dr Shahzadi Harper and Emma Bardwell

Second Spring by Kate Codrington

Preparing for the Perimenopause and Menopause by Dr Louise Newson

The Age Well Plan by Susan Saunders

Manage Your Menopause Naturally by Maryon Stewart

The XX Brain by Dr Lisa Mosconi

Surgical Menopause: Not Your Typical Menopause edited by Helen Kemp

The Pelvic Floor Bible by Jane Simpson

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LEARNING RESOURCES



Symptom Management e-books



52 weekly menopause wellbeing cards



Free resources, events, newsletter

www.overthebloodymoon.com/shop
www.overthebloodymoon.com/myotbmclub

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APPS

Balance: tracker, articles, community challenges

Clarity: mindful meditations for common symptoms

Elektra Health: coaching, lifestyle habits, community

Lisa Health: small lifestyle changes & product support

Peanut: like Facebook but online with free events

Stella: behavioural change with coach support

Worry tree: CBT-based tools to manage anxiety

Brili, HabitBull, Tiimo: organisation & scheduling





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MASTERCLASSES & MEET UPS

[Over The Bloody Moon](#): free monthly 60-minute classes with different clinicians, coaches & specialists to pick up tools to enhance wellbeing

[Menopause Café](#): in-person and virtual events to laugh, learn, and chat menopause

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PRODUCT SUPPORT

Patented anti-flush clothing e.g. Become

Chill mats and pillows

Pelvic trainers and dilators

Vaginal moisturisers and lubricants

Menopause hair and skin products

<https://www.becomeclothing.com/discount/OTBM>

Save £5 with our coupon code: OTBM5



THANK YOU



Removing the Muddle from Menopause

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