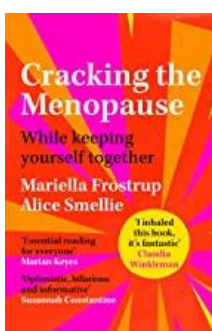
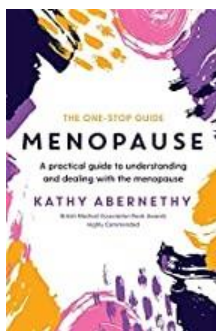


Menopause

The Library has a growing collection of books for improving staff well-being. The following books on menopause are available to borrow from the Library.

- **Menopausal: the positive roadmap to your second spring** by Davina McCall (2022)
- **Cracking the menopause while keeping yourself together** by Mariella Frostrup (2022)
- **Living well through the menopause** by Myra Hunter (2021)
- **The complete guide to the menopause** by Annice Mukherjee (2021)
- **Natural Menopause: Herbal Remedies, Aromatherapy, CBT, Nutrition, Exercise, HRT...for Perimenopause, Menopause, and Beyond** by Anne Henderson (2021)
- **Mindful menopause: mindfulness and hypnosis techniques for a calm and positive menopause** by Sophie Fletcher (2021)
- **Preparing for the perimenopause and menopause** by Louise Newson (2021)
- **Happy menopause: smart nutrition to help you flourish** by Jackie Lynch (2020)
- **It's not my head, it's my hormones: how to tame your hormones and feel like yourself again** by Marian Gluck (2019)
- **The feel good guide to the menopause** by Nicola Gates (2019)
- **Menopause: the change for the better** by Henpicked (2018)
- **Confessions of a menopausal woman** by Andrea Mclean (2018)
- **Menopause: the one step guide: a practical guide to understanding and dealing with the menopause** by Kathy Abernathy (2018)
- **Menopause the answers: understand and manage symptoms with natural solutions, alternative remedies and conventional medical advice** by Rosemary Leonard (2017)
- **Making friends with the menopause: a clear and comforting guide to support you as your body changes** by Sarah Rayner (2015)
- **Balance your hormones** by P.Holford (2014)
- **50 things you can do to today to manage menopause** by Wendy Green (2009)
- **Understanding the menopause and HRT** by Anne McGregor (2006)
- **Everything you need to know about menopause** by R. Slupik (2005)





Average age

The average age for menopause in the UK is **51**, and premature menopause affects **1 in 100** women under the age of **40**.



1.5 million

An estimated **1.5 million** women – around **80%** of those going through menopause – experience some symptoms.



Symptoms

The most common symptoms of menopause are hot flushes and night sweats. Other symptoms include mood changes, joint and muscle pain, and headaches.



4 years

Menopause symptoms typically continue for around **4 years** after the last period. For around **10%** of women, symptoms can last for up to **12 years**.

NICE National Institute for Health and Care Excellence



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