

BandLP Menopause Toolkit

All clinicians at BandLP are happy to discuss the symptoms of the perimenopause and menopause, the associated health issues, and the possible treatments with you. You may want to access some information and online support before or after this appointment so we have created this list of resources that you might find helpful.

A good starting point is downloading the Balance app [Balance - Balance app \(balance-menopause.com\)](https://www.balance-menopause.com) for free, which allows you to track symptoms, access expert information and share stories in the online community. Before your appointment, some women find it really helpful to use the app to make a list of all their symptoms and questions, and it helps clinicians identify some of the important areas to address.

Helpful books/podcasts

[Balance - Menopause library](#) Leaflet and Podcasts from the Newson Health team, interviewing experts on subjects that are relevant to the menopause, including HRT, breast cancer, Premature Ovarian Insufficiency, Migraines, Endometriosis and Genitourinary syndrome of menopause.

Preparing for the Menopause and Perimenopause- Dr Louise Newson

[Menopause Manifesto – Dr. Jen Gunter \(drjengunter.com\)](https://drjengunter.com)

[Menopause Whilst Black \(libsyn.com\)](https://libsyn.com)

Helpful TV Programmes

[Davina McCall: Sex, Myths and the Menopause - All 4 \(channel4.com\)](https://channel4.com)

[Davina McCall: Sex, Mind and the Menopause - All 4 \(channel4.com\)](https://channel4.com)

Helpful Links

[Information for patients on Women's Health Concern Website,](#)

[Menopause Matters providing information for patients](#)

[Patient uk -Useful website for patient information leaflets.](#)

[Rock My Menopause- public facing campaign for PCWHF](#)

Social Media

Follow Dr Louise Newson @drlouisenewson on Twitter and menopause_doctor on Instagram, @Dianedanz @BrMenopauseSoc @RockMyMenopause

General Lifestyle

Lubricants: [Why Use YES? Revolutionise Your Intimate Health & Pleasure \(yesyesyes.org\)](https://www.yesyesyes.org)

Sex life/Libido: [Balance - Sex and the Menopause – Samantha Evans & Dr Louise Newson \(balance-menopause.com\)](#). Two books that may be helpful are “Come as you are” by Emily Nagoski and “Better Sex through Mindfulness: How women can cultivate desire” by Lori A. Brotto PhD

Mood: Depression, anxiety and mood swings are very common during the perimenopause and menopause. It's important to discuss this with the team during your consultation, but you may also choose to have a look at some of the local and national resources here: [Cambridgeshire & Peterborough Adults Mental Health Support - October 2017 \(keep-your-head.com\)](#)

In a mental health crisis, please call 111 option 2

Gut symptoms: Bloating, heartburn & change in bowel habit are important things to discuss with your GP, as they can be a symptom of underlying serious health conditions. Gut changes are, however, very common during the perimenopause and menopause. You may find the following resources helpful: <https://thegutexperts.com/> and the book ‘Gut’ by Giulia Enders <https://www.amazon.co.uk/Gut-inside-story-bodys-under-rated/dp/1922247960>.

Cancer and Menopause

[Balance - Menopause and breast cancer \[Video\]](#)

[A guide to all things menopause for women after breast cancer \(balance-menopause.com\)](#) (coping with the Menopause after Breast Cancer)

[Estrogen Matters](#) by Avrum Bluming M.D. (a book exploring the evidence around cancer and HRT)