

Diagnosis

Perimenopause is when you have symptoms before your periods have stopped.

Menopause is when your periods stop due to lower hormone levels. It has occurred when you have not had a period for 12 months. This usually happens between the ages of 45 and 55.

It can be diagnosed without laboratory tests in otherwise healthy women aged over 45 years with appropriate menopausal symptoms.

Menopause and **perimenopause** symptoms can have a big impact on your life, including relationships and work.

There are things you can do to help with your symptoms. There are also medicines that can replace missing hormones and help relieve your symptoms.

Online

Menopause matters provides information about the menopause, menopausal symptoms, and treatment options.

<https://www.menopausematters.co.uk/>

The Greene Scale provides a brief measure of menopause symptoms. It can be used to assess changes in different symptoms, before and after menopause treatment.

<https://www.menopausematters.co.uk/greenescore.php>

A range of detailed **factsheets** providing information and advice on gynaecological, sexual and post reproductive health issues:

<https://www.womens-health-concern.org/help-and-advice/factsheets/>

A useful infographic looking at the **risk of breast cancer** and HRT:

<https://thebms.org.uk/wp-content/uploads/2016/04/WHC-UnderstandingRisksofBreastCancer-MARCH2017.pdf>

Patient.info provides evidence-based information on a wide range of medical and health topics to patients and health professionals.

<https://patient.info/womens-health/menopause/alternatives-to-hrt>

<https://patient.info/womens-health/menopause/hormone-replacement-therapy-hrt>

Menopause café Facebook

Balance App

Books

Managing Hot Flashes and Night Sweats: A Cognitive Behavioral Self-help Guide to the Menopause.
By Myra Hunter

Natural Menopause: Herbal Remedies, Aromatherapy, CBT, Nutrition, Exercise, HRT...for Perimenopause, Menopause, and Beyond
By Anne Henderson MA MRCOG