

Need more help? Visit healthandher.com to...



FIND TRUSTED, INDEPENDENT EXPERT ADVICE

From GPs, nutritionists and gynaecologists to yoga teachers, Relate counsellors and career coaches, Health & Her experts provide answers to the questions you might be asking, like:

"How does menopause affect relationships?"

"What is HRT and how does it work?"

"Can diet, nutrition and supplements help?"

"Will our sex life change at menopause?"



USE OUR SYMPTOM TOOL & TRACKER

Try our free Menopause Symptom Tool & Tracker to receive expert advice and product recommendations tailored to the symptoms you're experiencing. In three simple steps you can choose your symptoms, log their severity and generate your personalised report. You can also come back and track your symptoms over time.



SHOP OUR EXTENSIVE RANGE OF PRODUCTS

Our product philosophy is simple. We track down the very best menopause finds, and share brilliant ideas that change women's lives for the better. There's no magic pill that will disappear every woman's symptoms, but by sorting the best from the rest, we hope to save you time and money.

HEALTH & HER

TAKE YOUR LIFE OFF PAUSE

Visit us at [HEALTHANDHER.COM](https://healthandher.com)

EXCLUSIVE DISCOUNT:

GET 15% OFF YOUR FIRST PURCHASE WITH CODE **GP2019**

Discount code is valid for UK customers only and is valid for one purchase per person. The discount code cannot be used for gift vouchers and cannot be used in conjunction with another offer code. Promotion ends 31/12/2019.

HEALTH & HER MANAGE YOUR MENOPAUSE

[HEALTHANDHER.COM](https://healthandher.com)



What is menopause, what are menopause symptoms and how do you talk to your GP about it all?

What is menopause?

Menopause is a moment in time – your last period. It's something all women go through, with around 80% experiencing symptoms for some time before and after periods change. Though it's totally normal, menopause can be complex, surprising, and hard to live with, so remember that you're not alone, and that there's lots of help and support out there.

Are you experiencing symptoms of the menopause?

There's more to menopause than hot flushes, night sweats and changing periods. In fact, there are more than 30 recognised symptoms. On average, women will experience eight of these symptoms[†], though it's common to experience changing mental and emotional symptoms first – that's stress, anxiety, low mood and brain fog.

HOT FLUSHES

LOW ENERGY

PAINFUL SEX

VAGINAL DRYNESS

URINARY CHANGES

WEIGHT GAIN

JOINT ACHES

SLEEPING PROBLEMS

STRESS & ANXIETY

BRAIN FOG

NIGHT SWEATS

CHANGING PERIODS

LOSS OF SEX DRIVE

LOW MOOD

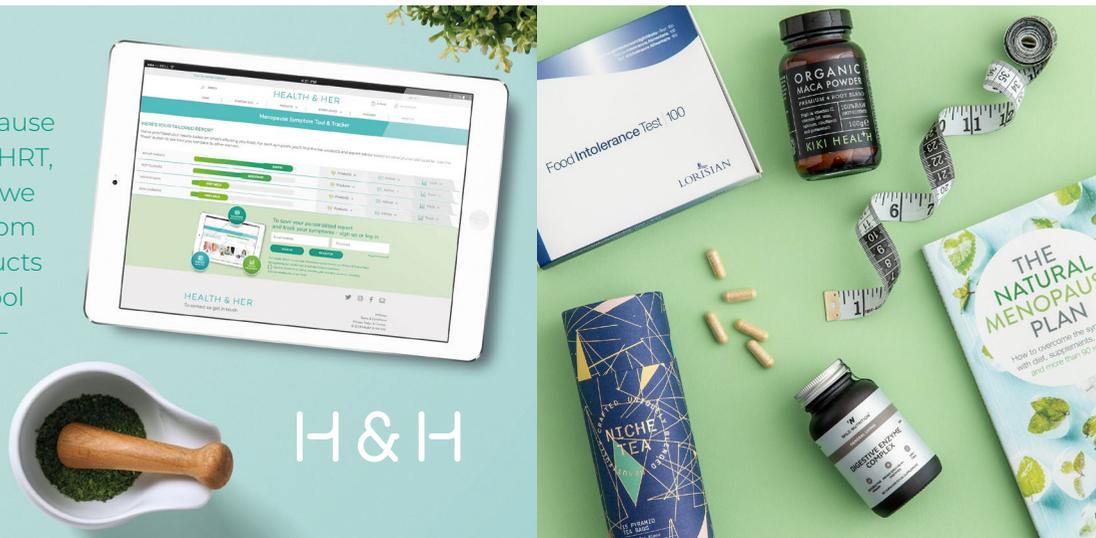
HEADACHES

[†]British Menopause Society Survey, April 2016

ALL ABOUT HEALTH & HER

Whether you want to tackle your menopause with lifestyle changes or consider taking HRT, there are lots of options. At Health & Her, we cut through the confusion with advice from top experts, a range of handpicked products tried by other women, and a symptom tool to help you understand what's going on – it's all there – including an exclusive discount code on the back of this leaflet.

Visit us at [HEALTHANDHER.COM](https://www.healthandher.com)



Meno-did-you-know?

- The average age of menopause is 51 – but symptoms can start from your early forties.
- Periods needn't have changed to indicate perimenopause – the stage before menopause.
- Premature menopause affects one in a hundred women under the age of forty, one in a thousand under thirty and one in ten thousand under twenty.
- Body identical hormone replacement therapy is available via the NHS.

“Health & Her gives you the information and support you need to be in control of your menopause and to feel as good as you always have”

Bethan, Cardiff

How to talk to your doctor about menopause



Feeling nervous or embarrassed? Don't be

Health & Her's GP Dr Shilpa McQuillan, MRCGP MRCOG DFSRH, explains:

“Being a GP is a real privilege – patients share their stories and place trust in us. Just remember we are trained to be professional and to provide the best level of care. Be honest, tell your story, and most importantly, explain how it is affecting you. We are here to support you through your journey.”

TOP TIPS TO PREPARE FOR APPOINTMENTS

- It's important that you don't feel rushed, so be prepared to make more than one appointment so you have plenty of time to talk things through.
- Consider making a symptom diary including changes to periods, mood and sleep.
- Jot down notes that will help you and your doctor tailor treatments safe and right for you – include anything you've tried so far, symptoms you want to tackle most, and any health problems you (or close family members) have experienced.
- If you feel confident in doing so, research the different approaches you might be interested in trying. The NICE guidelines ([nice.org.uk](https://www.nice.org.uk)) and [healthandher.com](https://www.healthandher.com) are good places to start.