

## Menopause

### Useful contacts and further information

NICE Guidelines-National Institute for Health and Clinical Excellence- Menopause diagnosis and management

[Overview](#) | [Menopause: diagnosis and management](#) | [Guidance](#) | [NICE](#)

NHS Choices

[Menopause - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Menopause All Wales Policy

[149. FINAL NHS Wales Menopause Policy 19 Dec 18.pdf](#)

Balance Menopause

[Balance - Homepage \(balance-menopause.com\)](http://balance-menopause.com)

Independent organisation founded by Dr Louise Newton specialist in Menopause. Providing up to date information about the menopause, access to podcasts, blogs and the 'Balance' app to log symptoms and gain self-management techniques.

Menopause Matters

[Menopause Matters, menopausal symptoms, remedies, advice](#)

Independent website which gives up-to-date information about the menopause, symptoms and treatment options. Has a forum available. [Menopausematters.co.uk](http://Menopausematters.co.uk)

British Menopause Society (BMS)

[British Menopause Society | For healthcare professionals and others specialising in post reproductive health \(thebms.org.uk\)](http://thebms.org.uk)

The BMS provides education, information and guidance to healthcare professionals specialising in all aspect of reproductive health.

Women's Health Concern (WHC)

[Women's Health Concern | Confidential Advice, Reassurance and Education \(womens-health-concern.org\)](https://www.womens-health-concern.org)

The patient arm of the British Menopause Society, provides factsheets about the menopause, linked articles and FAQ's

The Daisy Network

[Charity for Women with POI | The Daisy Network](https://www.daisy-network.org)

A registered charity providing free information and support to women with Premature Ovarian Insufficiency (POI) also known as premature menopause.

Simply Hormones

[SimplyHormones | Making sense of Menopause](https://www.simplyhormones.com)

Blogs and articles about the menopause.