

Menopause Education for Patients

The Menopause Society has the resources to help women during the menopause transition and beyond.

Menopause brings with it sudden and often unexpected changes that can impact both physical and mental health. As women face this transformative journey, numerous questions and conflicting opinions arise about the best approach to manage menopause, which can last for one-third of their lifetime. Each woman's experience is unique, and there is no standard road map, making it difficult to anticipate what lies ahead.

We built our Patient Education section to help guide women through that phase by providing a **comprehensive resource hub** aimed at **equipping women with the knowledge they need to navigate menopause effectively** and make informed decisions about their bodies and health.

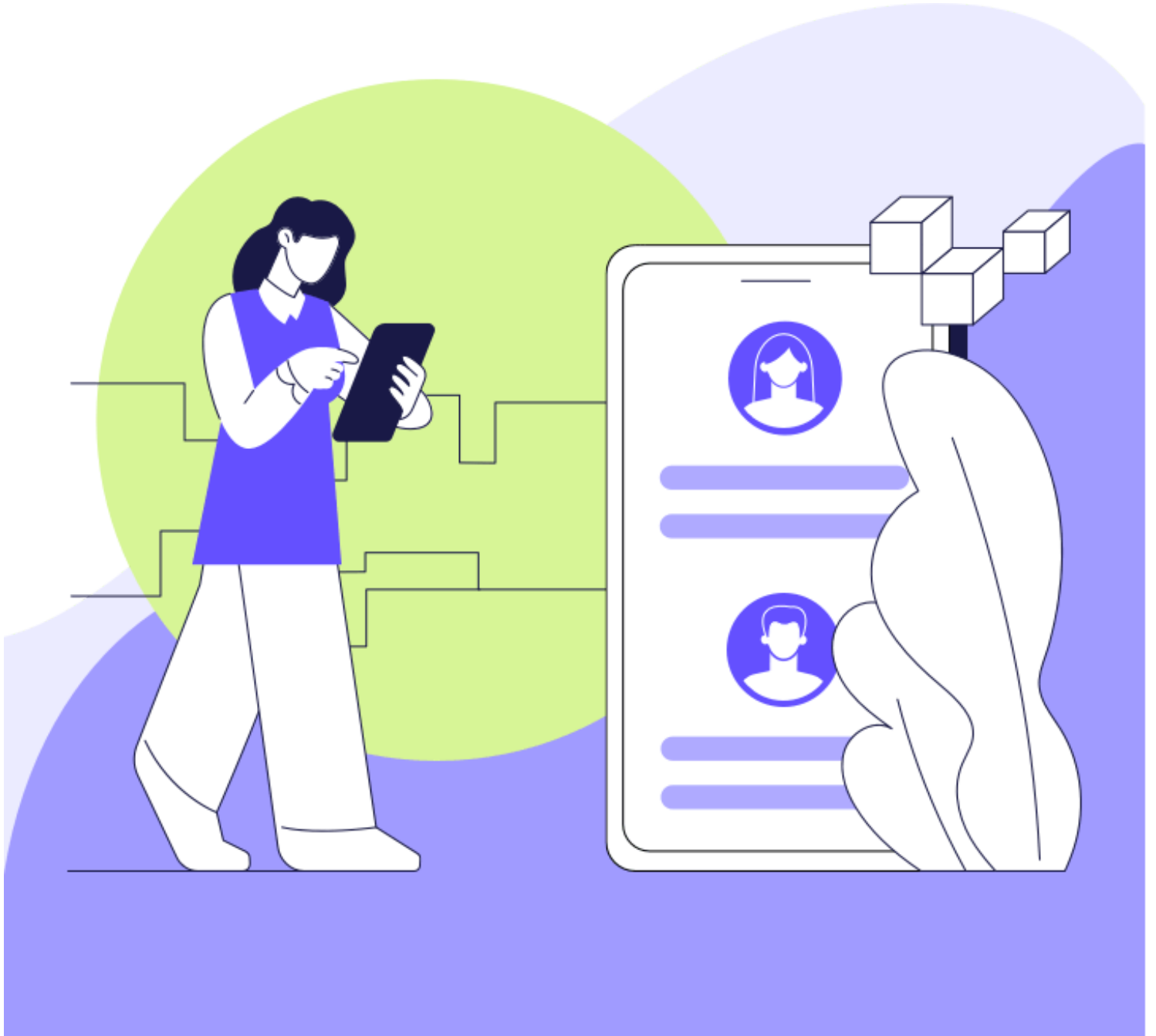
Offering a selection of materials that **distill the latest research and medical insights into easily understandable language**, this initiative empowers women to embrace this chapter of their lives with confidence and clarity.

Choosing a Healthcare Practitioner

The best way to deal with something new and unknown is to face it head-on – with the help of professionals who can help guide the way. Take an active role in your menopause journey and find the right healthcare professional for you.



[View some tips](#)



Menopause Topics

As women go through the menopause transition, there are common signs and symptoms most women experience. But it can be difficult to tell whether a symptom is related to menopause, an underlying health concern, or even just normal aging. In this section, we take a deep dive into both common and unexpected menopause symptoms and health topics.





Hormone Therapy

Hormone therapies are the prescription drugs used most often to treat menopause symptoms including hot flashes.

Learn more

Hot Flashes

Sexual Health

Mental Health

[View all topics](#)

Additional Patient Resources





Video Series & Podcasts

A comprehensive video series for women on important menopause health topics.



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