

10 questions that may be on your mind about menopause

1. How do I find a doctor who specialises in menopause?

Check out [the Australasian Menopause Society database](#).

2. Where can I find a checklist to help me describe my symptoms to a GP?

Jean Hailes [“What’s bothering you?” Perimenopause and Menopause checklist](#)
[Well Femme Menopause Assessment Tool](#)
[Menopause symptoms checklist for Aboriginal and Torres Strait Islander women](#)

3. How can I learn more about Menopausal Hormone Therapy (MHT)?

[Listen to this podcast](#) by Dr Rebecca Lewis and Dr Louise Newson from Newson Health about the basics of MHT (formerly known as Hormone Replacement Therapy).

4. How can I learn about my symptom management options?

[Read this article](#) and [this article](#) from Jean Hailes that steps through treatment options including MHT, non-hormonal options, natural therapies and pharmacy-compounded hormones.

5. Where can I learn more about the relationship between menopause and my mental health?

[Watch this webinar](#) that walks through common mental health concerns around menopause and treatment options with WellFemme founder Dr Kelly Teagle and psychologist Hilary Sargeant.

[Listen to this podcast episode](#) from ‘Dear Menopause’ with Professor Jayashri Kulkarni discussing the link between menopause and mental health.

6. Where can I learn about other women’s experiences of menopause?

Watch the WHISE menopause lived experience working group videos! We have videos on [symptoms](#), [seeking medical support](#), and [workplace impacts](#).

Check out the [In My Prime](#) website - it celebrates older women’s bodies and provides evidence-based health and wellbeing advice on menopause and more.

7. Which books would you recommend to learn more about menopause?

Dr Ginny Mansberg - [The M Word: How to Thrive in Menopause](#)

Dr Louise Newson - [The Definitive Guide to the Perimenopause and Menopause](#)

Kaz Cooke - [It's the Menopause: What You Need to Know in Your 40s, 50s and Beyond](#)

8. Are there any vitamins/minerals I should supplement during menopause?

Check out this Jean Hailes article about [foods to focus on for menopause](#)

Read this [healthy eating for menopause article](#) from Balance by Newson Health

9. I’m approaching menopause – how can I best prepare?

Advice for perimenopausal women - [the REFRAME](#)

Learn more about [perimenopause](#) from Jean Hailes.

10. I feel as though my body image is declining. Is this normal?

Read this [Jean Hailes article](#) about body image during menopause.

