

Menopause Or The Change

22.02.001

A set of two colourful A1 Posters, contains useful information and explains that "This is a time in a woman's life when her fertility declines and her periods stop (mostly around 40-55 years of age). Understanding 'the change' is the first step to coping". Also explains; What are the symptoms? and suggest a few ways to help you cope.

**Hormone Replacement Therapy - A
Simple Guide**
22.11.002

How does it work? What are the benefits? These are just some of the questions women in the 40-55 age group have regarding Hormone Replacement Therapy. With the help of simple graphics, this video answers these - providing a helpful and reassuring guide.

Living Through The Menopause
22.11.001

A number of women talk about their own experiences of the menopause, describing the physical signs and emotional feelings which often occur at this time of change. The programme looks at how women can be helped.

The Menopause
22.11.003

Linda Dobrzanska et al

The main issues raised in the DVD are that the menopause is a normal, natural process, it happens to all women but each woman can experience it differently, that it helps to talk to other women and your family about it, that paying more attention to your own health through a healthy diet, more exercise and taking time for yourself can really help and that the menopause can even be a positive experience! It aims to raise awareness, and particularly targets South Asian women. It offers practical suggestions on how to deal with the menopause. It features the experiences of three fictional women who have different experiences of the menopause.

Menopause

22.13.002

Dr Miriam Stoppard

The first comprehensive illustrated guide to the menopause, with practical information from a leading expert on women's health. Explains in clear, informative text, with more than 200 illustrations, what happens to the body during the menopause, and why. Analyzes the available therapies, hormonal and complementary. Looks at the full range of menopausal symptoms and explains how to combat them. Empowers every woman to take charge of her body and her life.



Menopause Without Weight Gain

22.13.004

Debra Waterhouse

Menopausal weight gain is stubborn and hard to shift. This book suggests a 5 step solution of how to manage your changing hormones during the menopause in order to avoid weight gain.

The Menopause: A Guide For Women Of All Ages

22.13.003

Jill Rakusen

A guide to what might happen and how to cope if it does.

Understanding Hrt And The Menopause

22.13.001

Dr Robert C D Wilson

This book explains the pros and cons of HRT, describes the physical changes that happen to woman at the menopause, and offers advice on related topics such as nutrition, exercise and stress management.

Making The Change

22.15.001

Emma Cooper with Rebecca Welsh

This teaching pack has been designed to teach women who have learning disabilities about the menopause. Guides the trainer through the various stages of communicating facts about women's bodies, menstruation, and the menopause. It looks at the likely physical effects of the 'change', and suggests strategies for dealing with these, and the emotional impact they may have. This pack will assist carers in supporting women with learning disabilities to make decisions about their own health care. Each session in the pack is divided into easy-to-follow activities, with guidance to help trainers determine the structure and content of an education programme, and how best to tailor it to specific needs. Topics include:~ What is the menopause?~ How the menopause affects us~ Common treatments~ Medical condition

