



Menopause leaflets we recommend at ILDP



Below are the links to the leaflets on the internet



We can give you printed copies at ILDP

Links to menopause leaflets

[Keep healthy in perimenopause and menopause: Booklet 1: What is perimenopause and menopause \(themenopausecharity.org\)](http://themenopausecharity.org)

[Keep healthy in perimenopause and menopause - Booklet 2: Symptoms \(themenopausecharity.org\)](http://themenopausecharity.org)

[Keep healthy in perimenopause and menopause - Booklet 3: What you can do to feel better \(themenopausecharity.org\)](http://themenopausecharity.org)

[Keep healthy in perimenopause and menopause - Booklet 4: Talking to your doctor \(themenopausecharity.org\)](http://themenopausecharity.org)