

## Trusted sources for general information:

**The Menopause Experts Group Ltd (MEG):** [www.menopauseexperts.com/ask-meg](http://www.menopauseexperts.com/ask-meg)

**The British Menopause Society:** [www.thebms.org.uk](http://www.thebms.org.uk)

**Women's Health Concern:** [www.womens-health-concern.org](http://www.womens-health-concern.org)

**Menopause Support:** [www.menopausesupport.co.uk](http://www.menopausesupport.co.uk)

**Menopause Matters:** [www.menopausematters.co.uk](http://www.menopausematters.co.uk)

**Bladder issues:** <https://bladdermatters.co.uk/>

**Balance (Dr Louise Newson):** [www.balance-menopause.com](http://www.balance-menopause.com)

**The Royal Osteoporosis Society:** <https://theros.org.uk>

**Endometriosis:** [www.endometriosis-uk.org](http://www.endometriosis-uk.org)

**POI: The Daisy Network:** [www.daisynetwork.org](http://www.daisynetwork.org)

**PCOS: Verity:** <https://www.verity-pcos.org.uk/>

**Menopause and cancer: Dani Binnington:** [www.menopauseandcancer.org](http://www.menopauseandcancer.org)

**Gynae cancer: The Eve Appeal:** [www.eveappeal.org.uk](http://www.eveappeal.org.uk)

**The Nice Guidelines:** [www.nice.org.uk/guidance/NG23](http://www.nice.org.uk/guidance/NG23)

**Phone app for pelvic strength: The Squeezy App:** [www.squeezyapp.com](http://www.squeezyapp.com)

**Sexual issues: Dr Claire Macaulay:** [www.pleasurepossibility.com](http://www.pleasurepossibility.com)