

The Menopause Messenger Everything You Need To Know About Peri Menopause And What To Expect As You Age

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The Menopause Messenger Everything You

An estimated 13 million women in the UK are living with the menopause. So why are so many enduring the turmoil of its symptoms without help and support? It's about time that changed, argues Kate Muir ...

Mission menopause: 'My hormones went off a cliff - and I'm not going to be ashamed'

Sex, Myths and the Menopause, sees presenter Davina McCall talk frankly and openly about her own experiences with the perimenopause and menopause and her decision to go on HRT (Hormone Replacement ...

'Davina McCall: Sex, Myths and the Menopause' – everything you need to know

Menopause campaigner Meg Mathews tackles the most common questions about hormone replacement therapy Since 2018, Meg Mathews has been one of the UK's foremost menopause campaigners, determined to use ...

Meg Mathews: Everything you ever wanted to know about HRT but were too afraid to ask

Menopause wasn't even on my radar because a) I was still having regular, heavy periods and b) I'd never had a hot flash, and all I knew about menopause was the cessation of menstruation and the ...

I had to make a podcast to finally hear the truth about menopause

Menopause increases women's risk of some health conditions, but panic about menopause can have an unhealthy side effect — and it's worth noting that life has many transitional periods wherein ...

Going through menopause? Here's some gentle food for thought

Since 2018, Meg Mathews has been one of the UK's foremost menopause campaigners, determined to use her profile to end the stigma surrounding it. In her Stella magazine column, she reveals what she's ...

Meg Mathews: What I want men to understand about the menopause

It happens to half of the population at some point - but how much do we really know about the menopause? Turns out not a lot ... "Hormones affect everything, and because you have such low levels of ...

The 5 Things We Should All Know About The Menopause, But Don't

Speaking candidly in an interview on Saturday, the TV presenter, 53, said she received the warning as she was told ageing would be seen as 'a bit unsavoury' but she chose to ignore the remarks.

Davina McCall was warned against talking about going through the menopause publicly

The TV presenter, 53, likened going through the menopause with how she felt when she kicked her addiction to heroin and admits symptoms made her believe she was suffering with dementia.

Davina McCall, 53, likens going through the menopause to kicking her heroin addiction

I started to research the 34 menopause symptoms and it turned out I was struggling with 27 of them. I couldn't believe it. I started reading everything ... menopause onset, you also have lack ...

Meg Mathews: 'I thought I had dementia... but it was the menopause'

Jenny Eclair has opened up about the menopause in her new book Older and Wider ... being on I'm A Celebrity was the hardest thing she's done To view this content, you'll need to update your privacy ...

Jenny Eclair on menopaussa secrecy: 'I have never heard Madonna say anything about being menopausal'

"This is what's interesting about the menopause — peri and beyond — is that it hits you at a time in life when it's the perfect storm, when everything is hitting the fan," she exclaimed. Eclair did ...

Jenny Eclair: Menopause gave me anxiety and made me 'very self-conscious'

Menopause has a fair amount of stigma associated with it. Being the end of the reproductive age, it is seen by some as the ultimate sign of ageing, therefore many choose to hide this transition, ...

Here's what to eat to make menopause easier on your body

"The hormonal imbalance of perimenopause [the lead-up to menopause] meant I couldn't deal ... "It's not an illness. So you shouldn't have to use sick leave," Ms Crooks says. She argues the need ...

Menopause can make everyday work a struggle. So why aren't we talking about it?

Certain foods may help relieve some symptoms of menopause, while others may aggravate the symptoms. Here are foods you should eat and avoid if you are going through perimenopause or menopause.

Menopause Workout: Yasmin Karachiwala Shares Tips To Combat Those Unpleasant Symptoms

and the great thing is that you can make it a very rich and rewarding time in your lives. Fine-tuning your relationship skills and being willing to weather the changes menopause brings are key ...

Managing menopause: 7 ways to support your partner through this life transition

Introducing Womaness, a collection of modern, effective menopause products created by women, for women that offer solutions from head to toe (and everything in between). The Womaness line includes 13 ...

Womaness Takes the Pause Out of Menopause

Each week, we ask readers of The Drum - from brands, agencies and everything in between ... it will talk about what menopause really means, and how you can help and support those going ...

How do you solve a problem like... helping staff navigate menopause?

While it is something every woman goes through at some point, menopause is rarely talked about. Davina McCall's documentary attempts to bust the myths about the transition, comb ...

Davina McCall: Sex, Myths and The Menopause - release date and everything you need to know

effective menopause products created by women, for women that offer solutions from head to toe (and everything in between). The Womaness line includes 13 products, all under \$40, across the skin ...