



Menopause and Me

A guide to the supports and
resources available

Welcome to Menopause & Me

To help you through your menopause and perimenopause journey, a guide has been developed to highlight all the supports and resources that are available.

There has been a huge increase in the amount of accessible information around menopause in recent years. We are delighted to see the topic being more openly discussed but sometimes it can be difficult to know what information is factual and who we should be listening to.

We hope that this guide will support you through your menopause journey with trusted sources of information from healthcare professionals who are qualified and experts in the area of menopause.

Click on any of the links highlighted or scan the QR codes to access the trusted resources including webinars, websites, videos, podcasts and leaflets.

Kirsten Feehan.

Health Promotion & Improvement Officer for Gender Health

What is perimenopause & menopause



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Click to view a topic of interest

What is Menopause & Perimenopause

Menopause

Menopause is when a woman stops having periods completely. It is a natural part of ageing.

Your periods stop due to lower hormone levels. This usually happens between the ages of 45 and 55. The average age in Ireland for a woman to reach menopause is 51. You reach menopause when you have not had a period for 12 months.

Periods usually start to become less frequent over a few years before they stop. Sometimes they can stop suddenly. In some women, periods can become very heavy in the year coming up to menopause.

Perimenopause

Perimenopause is when you have symptoms before your periods have stopped completely. Symptoms can start 7 to 10 years before your periods stop.

Causes of menopause

As you get older there is a change in the balance of the body's sex hormones. This change causes menopause.

It happens when your ovaries produce less oestrogen (a hormone) and no longer release an egg each month.



For more information
see the HSE webpage



GP Support

Your GP can usually confirm if you're menopausal based on your symptoms. They may suggest a blood test to check your hormones.

Contact your GP if:

- You have menopause or perimenopause symptoms that are worrying you.
- You're experiencing symptoms before age 45.
- Your periods have stopped for a year or more before age 45.



HRT and other treatments

Talk to your GP if you're finding your symptoms difficult. They will be able to help you and can recommend treatments.

These may include:

- Hormone replacement therapy (HRT) - tablets, skin patches, gels and sprays that help menopausal symptoms by replacing oestrogen.
- Vaginal oestrogen cream, tablets, gels, or pessaries.
- Lubricants or moisturisers for vaginal dryness.
- Cognitive behavioural therapy (CBT) - a type of talking therapy that can help with low mood, anxiety, flushes, sweats and sleep.

Specialist Menopause Clinics

In Dublin, there are specialist complex menopause clinics in The National Maternity Hospital, The Rotunda Hospital and The Coombe Hospital.

Your GP may refer you to a specialist clinic if:

- Treatment does not help your symptoms.
- You have ongoing troublesome side effects after treatment.
- You cannot have HRT.
- You have a complex medical history.

Hear from our Menopause Experts

Perimenopause & the Menopause



Webinar 

Dr. Deirdre Lundy, Women's Health Expert, discusses the signs, symptoms and treatment options available for those experiencing perimenopause and menopause.



Menopause & Me



Webinar 

HSE Mid West Health and Wellbeing, in collaboration with The Complex Menopause Clinic at the Women's Health Hub, Nenagh Hospital host a webinar to discuss how to manage the symptoms of menopause.



How to Approach the Menopause



Webinar 

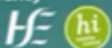
Dr. Rita Galimberti, Specialist in Obstetrics and Gynecology, discusses how to cope with the menopause and ways to manage your symptoms.



HSE TALKING HEALTH & WELLBEING PODCAST

Episode 46
Menopause: Understanding Symptoms & Treatments

WITH DR CLIONA MURPHY
& DR CAOIMHE HARTLEY
Hosted by Noreen Turley



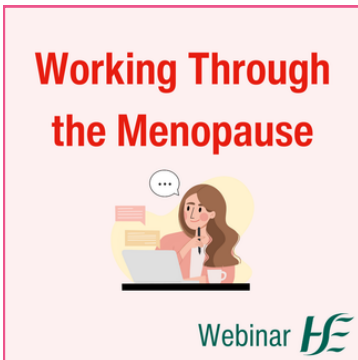
Dr. Cliona Murphy, Gynaecologist and Dr. Caoimhe Hartley, Clinical Lead of the Complex Menopause Clinic at Rotunda Hospital discuss symptoms and treatment options for those experiencing menopause.



Hear from our Menopause Experts



Dr. Sarah Brennan, GP and GP Educator on Menopause gives an overview of the stages, symptoms and various treatments for menopause.



Loretta Dignam from the Menopause Hub discusses practical tips for managing menopause symptoms in the workplace.



Series of expert speakers discussing key issues affecting women in menopause featuring Menopause Specialist, Dr Brenda Moran and Women's Physiotherapist, Orla McCarthy.



Dr. Caoimhe Hartley explains what complex menopause really means, who it affects, and how Complex Menopause Clinics are supporting women who may not be able to take HRT.



Managing Symptoms

Symptom Checklist



Download 

There are well over 40 recognised symptoms associated with the menopause. Keeping a record of how you are feeling can help assist your conversation with your healthcare professional.



Sleep and Menopause



Factsheet 

This factsheet will help you to understand why sleep can be disturbed during menopause and what you can do to improve your sleep.



Hot Flashes



Website 

Information from the HSE on how to manage hot flashes.



Brain Fog and Menopause



Factsheet 

Brain fog is a very common symptom of perimenopause and menopause. This factsheet contains some information on how to manage and treat the symptom.



Managing Relationships

Men & Menopause Survey



Website 

Men and Menopause Survey from the Menopause Hub sheds light on how menopause affects relationships, intimacy, and overall understanding among men in Ireland.



Supporting a Loved One Through Menopause




Website 

77% of women going through menopause say it would be beneficial if everyone understood menopause better. Find out how to support a family member or a loved one going through this phase of life.



Building Positive Relationships



Video 

This video from the Minding your Wellbeing Programme looks at the importance of relationships both with ourselves and those around us.



Menopause and Mental Health

Let's Talk Menopause



Psychosocial
Symptoms Webinar 

A webinar focusing on the psychological effects of menopause and perimenopause. Delivered by Bernie O'Neill, Clinical Nurse Specialist.



Menopause & Mental Health



Booklet 

A booklet from Mental Health Ireland on how to manage your mental health during menopause.



CBT for Menopause



Factsheet 

Cognitive Behaviour Therapy is a brief, non-medical approach that can be helpful for a range of health problems. CBT helps people to develop practical ways of managing problems and provides new coping skills and useful strategies.



Minding your Wellbeing



Programme 

Learn how to build healthy habits that can support your mental health and wellbeing. Explore self-care, resilience and how to understand your thoughts and emotions. Call 01 778 5645 for local course dates.



Menopause and Mental Health



HSE webpage with information and advice on your mental health and wellbeing. Find information on stress, low mood, anxiety, sleep and mental health conditions.



This Podcast explores the concept of "mind clutter". The conversation explores practical strategies for managing mental clutter to help people regain focus and improve their mental wellbeing.




Balancing Stress is a free programme to manage stress, worry, anxiety, low mood and relationship difficulties. You can do the programme any time and at your own pace.



Menopause and Gynaecological Health

Urogenital Problems



Factsheet 

This factsheet explains some urogenital problems such as vaginal dryness, itching and discomfort and urinary symptoms including incontinence that women can experience after menopause.



Vaginal Dryness



Factsheet 

Vaginal dryness is very common after the menopause, affecting over half of post-menopausal women aged between 51 and 60. This factsheet will help you to understand symptoms, causes and treatment.



sexualwellbeing.ie




Website 

Information on contraception, STI's and sexual dysfunction.



Contraception for the Older Women



Factsheet 


A factsheet from Women's Health Concern with information on options for contraception as we age.



Menopause and Heart Health

Menopause & Heart Health



Webinar 

Irish Heart Foundation host a panel of experts to discuss women's heart health. The panel discuss how women can protect their heart health as they enter menopause.



The Affect of Menopause on your Heart Health



Video 

This short video from the Irish Heart Foundation shows how menopause can affect your risk of heart disease and stroke.



The Menopause and your Heart



Website 

The website from the Irish Heart Foundation gives a comprehensive guide to how you can protect your heart health during the menopause.



Signs and Symptoms of Heart Attack in Women



Infographic 

Symptoms of heart attack can appear differently in women compared to men. Women also take longer to seek medical help. Get to know the signs and symptoms of a heart attack in women.



Wellbeing Journal



Download 


Download this self-care and wellbeing journal from the Irish Heart Foundation to help you proactively look after your heart health.



Menopause and Bone Health

Menopause and Bone Health



Webinar 

HSE Physiotherapist Suzanne Morries discusses the importance of bone health during menopause, with practical exercises and answers to some of those pressing questions.



Bone Health Following the Menopause



Factsheet 

This factsheet from Women's Health Concern looks at prevention and treatment of Osteoporosis.



International Osteoporosis Foundation



Website 

The International Osteoporosis Foundation provides information and support to people with Osteoporosis or those at risk of developing the condition.



Bone Health



Website 

The Irish Osteoporosis Society is dedicated to reducing the incidence of Osteoporosis and promoting good bone health.




Menopause and Pelvic Floor Health

Menopause & Me



Pelvic Floor & Bone Health

Webinar 

Dara Dunne, Senior Pelvic Health Physiotherapist discusses pelvic floor health, lifestyle modifications during menopause and bone health.



The Continence Foundation of Ireland



Website 

The Continence Foundation of Ireland aims to improve the quality of life for people who suffer from incontinence. Their website provides information and support.



yourpelvicfloor.org



Website 

The website of the International Urogynecological Association provides expert education on disorders of the female pelvic floor.



Bladder Training Brochure



Leaflet 

The International Urogynecological Association have created a short guide to support women experiencing bladder control issues.



Menopause and Nutrition

Nutrition & the Menopause



Webinar 

HSE Senior Community Dietitians, Elaine Guinan and Edel McNamara discuss nutrition and menopause. They talk about managing weight, heart, and bone health.



Menopause and Nutrition



Website 

Nigel Denby, Dietitian for 'The Menopause Hub', provides information on The fundamentals of good nutrition for the menopause and beyond



Nutrition & Menopause




Website 

The Irish Nutrition and Dietetics Institute provides information from registered Dietitians on key areas of nutrition for the menopause.



Weight Gain in Menopause



Factsheet 

Weight gain during menopause is one of the most common and distressing symptoms women experience. This factsheet looks at how weight can be managed during menopause.



Menopause and Physical Activity

Exercise in Menopause



Factsheet 

A healthy lifestyle needs to include exercise to support mind, body and soul. Even if you've never exercised before, now's the time to find what works for you.



Menopause and Physical Activity



Webinar 

Dr Diane Cooper and Irene Clark discuss everything menopause related, from symptoms to changes in the body, nutrition and exercise-related guidelines.



National Physical Activity Guidelines



Guidelines 

The National Physical Activity Guidelines explains how much activity we should be doing each day to keep healthy.



Strength & Conditioning for Beginners



Video 

A series of exercise videos from the HSE aimed at those who want to begin to introduce some strength training into their activity routine.



Menopause and Alcohol



A factsheet from Women's Health Concern discussing the impact alcohol can have on women going through menopause.



A leaflet from the HSE outlining what women need to know about alcohol.



Free, person-centered community-based service designed to support people to make healthy changes to their alcohol use to improve their health and wellbeing.



HSE website all about alcohol. Learn about how alcohol can affect our health and calculate how much alcohol you consume in a week.



Menopause and Smoking

Smoking and Menopause



Website  Institute of Public Health

Dr Helen McAvoy, Director of Policy at the Institute of Public Health discusses the impact of smoking on women going through menopause.



Stop Smoking Service



Service 

The HSE service offers weekly 1-to-1 support with a qualified Stop Smoking Advisor in conjunction with FREE stop smoking medication to support you on your quit journey.



Vaping and e-cigarettes



Leaflet 

A leaflet from the HSE outlining the risks associated with vaping and e-cigarettes.



Quit Guide



Leaflet 

A booklet from the HSE to support you to quit smoking.



Screening Services

BreastCheck, CervicalCheck and BowelScreen are our national screening services that should be availed of for the early detection and prevention of cancer.



BreastCheck is the name of the national breast screening programme from the HSE. The service provides free breast screening to women age 50 to 69.



This short video from the HSE will help you become more breast aware, understanding how your own breasts normally look and feel.



Women between the age of 25 and 65 should go for a cervical screening. This website from the HSE will provide you with all the information you need on the service.



Bowel screening aims to detect signs of bowel cancer at an early stage, where there are no symptoms. You can get bowel cancer screening if you are age 59 to 70.



Further Supports

GP Consultation

Your GP can be a valuable source of information and support for managing your menopause symptoms.

Specialist Clinics

Several specialist menopause clinics are located in major maternity hospitals across Ireland (National Maternity Hospital, Rotunda, Coombe, Cork University Maternity Hospital, University Hospital Galway, and Nenagh General Hospital). Your GP may refer you to a specialist clinic if needed.

Key Websites

The HSE

The Menopause Society of Ireland

The Irish Menopause Society

The National Women's Council of Ireland

The British Menopause Society

Women's Health Concern

National Institute for Health and Care Excellence (NICE)

NICE Guideline Menopause Diagnosis and Management

The Menopause Hub

Balance App

Further Reading

Menopause and Cancer Leaflet

Our Geels: Pavee Beoirs, Menopause and Your Heart Health

Let's Talk about Menopause Leaflet



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Kirsten Feehan, Health Promotion & Improvement Officer for Gender Health
kirsten.feehan@hse.ie
HSE Health & Wellbeing
Integrated Health Areas of Dublin North County and Dublin North City and West