

Menopause, midlife & more

Hosted by Rae Walker on behalf of Cancer society

with Dr Samantha Newman & Sarah Connor

Trusted information, practical tools and different perspectives on hormonal health, menopause and wellbeing. You do not need to read everything – start with what matters to you and your whānau.

Start here: hormones and menopause

- [FemaleGP - Understanding Menstruation](#) – My collection of explanations on periods, heavy bleeding, PMS/PMDD, endometriosis, ADHD and cycle-related symptoms.
- [FemaleGP - Website and education](#) – Articles and Hormonal Hīkoī education on recognising hormonal patterns and understanding treatment options.
- [Australasian Menopause Society \(AMS\)](#) – Evidence-based fact sheets, videos, self-assessment tools and resources for consumers, including materials in te reo Māori. The “Find a practitioner” directory may help you identify health professionals with an interest in menopause.
- [Healthify New Zealand](#) – Search “menopause” for reliable, NZ-focused information on symptoms and treatment.
- [The Menopause Society - MenoNotes](#) – Free, short information sheets about specific menopause topics.
- [Early Menopause NZ](#) – Support and information for people experiencing early menopause.
- [Surgical Menopause NZ](#) – Support and information for people experiencing surgical menopause.

Stories, conversation and lived experience

- [Menopause Over Martinis](#) – A grassroots project founded by Sarah Connor, with books, articles, podcasts and practical ideas, including how to host a menopause conversation with friends or family.
- [Menopause & Us - TVNZ documentary](#) – Robyn Malcolm explores menopause in Aotearoa, women’s lived experiences and the significance of ruahinetanga in te ao Māori.
- Periods, mood, PMDD and endometriosis
- [IAPMD - PMDD and PME](#) – Information on premenstrual dysphoric disorder and premenstrual exacerbation of existing conditions.
- [IAPMD - Symptom tracker](#) – A daily symptom diary to help recognise patterns over at least two cycles.
- [Endometriosis New Zealand](#) – Resources on endometriosis, living well and finding support.



Bladder, vaginal and pelvic health

- [Continence NZ - Pelvic floor exercises](#) – Guidance about pelvic floor muscle training and bladder control.
- [Healthify - Menopause topics](#) – Includes information about vaginal and urinary symptoms associated with menopause.

Migraine, ADHD, bone and iron health

- [Migraine Foundation Aotearoa](#) – Resources on migraine, symptom patterns and treatment.
- [ADHD New Zealand](#) – Information and support for adults with ADHD.
- [Osteoporosis New Zealand](#) – Bone health, fractures, exercise, nutrition and treatment information.
- [Healthify - Iron deficiency](#) – Information on iron deficiency, investigations and treatment.

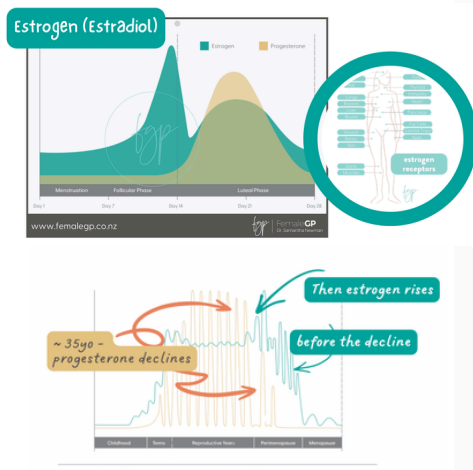
Workplaces and cultural perspectives

- [Manatū Wāhine | Ministry for Women](#) – Free workplace menopause resources, including information, posters, conversation cards and practical support tools. Search the site for its menopause workplace guide.
- [The Guardian - Me and my menopause \(2024\)](#) – Perspectives on menopause, stigma and access to information and treatment from around the world.
- When you need extra support
- [Mental Health Foundation of New Zealand - Help](#) – A directory of support options; free call or text 1737 for a trained counsellor at any time.
- [Sexual Wellbeing Aotearoa - Cervical screening](#) – Information on cervical screening and HPV testing in Aotearoa

A note from Dr Sam These links are a starting point, not a substitute for individual care. Your symptoms, medical history, preferences and circumstances all matter. Please discuss new or concerning symptoms and treatment decisions with your usual GP or healthcare team. In an emergency, call 111.

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YOUR HORMONE HIKOI™

5 HORMONE CLUES YOU SHOULDN'T IGNORE

- 1 I've got no control.
- 2 I feel pregnant.
- 3 I don't feel like myself.
- 4 So many GP appointments
- 5 I'm putting on weight