

Menopause

Would you like to know more about the Menopause?

Would you like the answer to some of these questions?

- What is the Menopause?
- What are the symptoms?
- How can I manage the symptoms?
- What treatments are available?
- Is HRT safe?

If you would, then please join one of the Menopause Awareness sessions run by an Advanced Nurse Practitioner.

If you would like more information or to attend a session please contact us on:

01495 768645

OAKReferrals.ABB@wales.nhs.uk



Hoffech chi wybod mwy am y Menopos?

Hoffech chi gael ateb i rai o'r cwestiynau hyn?

- Beth yw'r Menopos?
- Beth yw'r symptomau?
- Sut galla i reoli'r symptomau?
- Pa driniaethau sydd ar gael?
- A yw Therapi Ailddodi Hormonau yn ddiogel?

Os hoffech, yna ymunwch ag un o'r sesiynau Ymwybyddiaeth Menopos gan Ymarferydd Nyrsio Uwch.

Os hoffech chi ragor o wybodaeth, neu os ydych chi am ddod i sesiwn, cysylltwch â:

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