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## [Menopause Information and Educational Materials](#)

The **Menopause Society** is a nonprofit organization with the mission of empowering healthcare professionals and providing them with the tools and resources they need to improve the health of women during the menopause transition and beyond. Since

The Society was founded in 1989, it has served as the definitive, independent, and evidence-based resource for healthcare professionals and the public, providing accurate information about menopause and midlife women's health. Its multidisciplinary membership includes leaders in the field—including clinical and basic science experts from medicine, nursing, sociology, psychology, nutrition, anthropology, epidemiology, pharmacy, and education.

The Society welcomes women (and men) interested in learning more about menopause to make better-informed health decisions, however, the menopause education materials are not intended to substitute for an evaluation by your healthcare provider.

[Consumer publications](#) about menopause have been developed through the collaboration of many experts in the field.

Menopause resource materials include:

- [The Menopause Guidebook](#)
- [MenoNotes](#)
- [Consumer Video and Podcast Series](#)

Source URL

<https://www.menopause.org>

Last Reviewed

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