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The FDA Office of Women's Health Offers 3 Ways to Support Menopause Awareness Month

During menopause, many women have questions about how to safely and effectively treat their menopause symptoms. FDA has resources to help women and their healthcare providers get the facts about the medications, supplements and other products used to address menopause symptoms. Help us to connect your members to these menopause resources.

3 Ways to Support Menopause Awareness Month

- [New Partner Toolkit](#) – Send social media messages and blog posts from our new partner toolkit.
- [Menopause Website](#) – Link to our newly updated webpage for tips women can use before, during and after menopause.
- [Free Resources](#) – Order and download FDA menopause materials for your outreach.

Let's work together to help women make informed choices about managing their symptoms.

We want to hear from you! Send us an email at owh@fda.gov and let us know how you are using our resources in your menopause outreach.