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

The **North American Menopause Society (NAMS)** provides a wide range of menopause information and educational materials on their website, not only for healthcare professionals but also for consumers in search of accurate, unbiased information.

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.

Materials include a guidebook, book reviews, an online Magazine [Menopause Flashes](#), fact sheets and handouts in English, Spanish and French on a variety of topics. Most are available in print, some are formatted for downloading, and many are posted in their entirety for viewing within the NAMS [website](#).

Source URL

<https://www.menopause.org>

Last Reviewed

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