**Women’s Health JHI webinar 27th Feb 2022: Sources**

**Infertility**

Find out about infertility

<https://www.nhs.uk/conditions/infertility/>

Stillbirth and Neonatal death charity

<https://www.sands.org.uk/>

**Menopause**

Menopause-Symptoms and treatment

<https://patient.info/womens-health/menopause>

<https://www.nhs.uk/conditions/menopause/>

Rock my Menopause

<https://rockmymenopause.com/>

## Premature Ovarian Insufficiency (Early Menopause)

<https://www.daisynetwork.org/>

Hormone Replacement Therapy (HRT)

<https://patient.info/womens-health/menopause/hormone-replacement-therapy-hrt>

Alternative to HRT

<https://patient.info/womens-health/menopause/alternatives-to-hrt>

**Bladder Weakness**

How to help a weak bladder

<https://www.nhs.uk/conditions/urinary-incontinence/10-ways-to-stop-leaks/>

Pelvic floor exercises

<https://www.bladderandbowel.org/help-information/resources/pelvic-floor-exercises/>

Information for adults with bowel and bladder problems

<https://www.bbuk.org.uk/adults/>

All you need to know about incontinence

<https://www.csp.org.uk/conditions/incontinence>

**Cancer Screening**

Video: Don’t ignore your breast screening invite

<https://youtu.be/fTGQJPbo91k>

Video: Cervical screening NHS

<https://youtu.be/Afdmh8E5K6M>

Video: What is a cervical screening test, Cancer Research UK

<https://youtu.be/M3FvnJ2x5GQ>

Video: how to do a FIT bowel cancer screening test

<https://youtu.be/il6VSceMWfM>