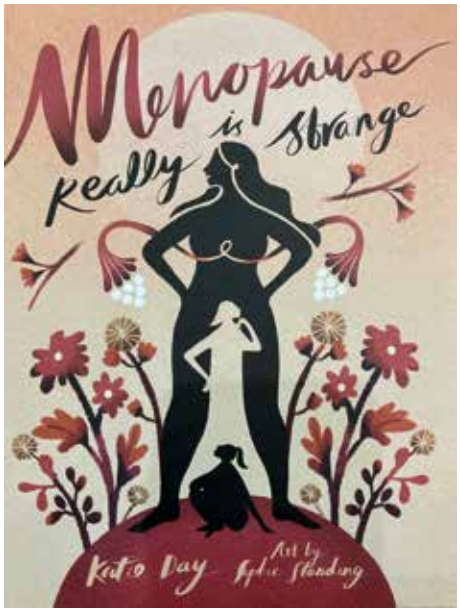
Menopause is Really Strange

Menopause is Really Strange is a graphic novel about menopause. Its author and illustrator explain how it came about.



Written by Katie Day and illustrated by Sophie Standing *Menopause is Really Strange* is designed as an accessible guide to menopause and perimenopause, covering everything from hormonal changes and HRT to nutrition, wellbeing, ethnicity, culture and neurodiversity. It also takes a positive approach to menopause, exploring the idea of a "second spring."

Acknowledging how varied a woman's experience of the menopause can be, the book explores the current scientific understanding of this phase of life and suggests ways to navigate it and come out the other side stronger than ever.

Katie Day and Sophie Standing said: "We created this book as the menopause transition is something experienced by over half of the global population. Yet, still, there are so many things we aren't told about, or worse, we are given the wrong information. It can be such a difficult maze to try and navigate, so we wanted to create something that makes the journey easier and allows for more open conversations."

Mr. Vikram Talaulikar Associate specialist at the reproductive medicine unit in University College London Hospitals NHS Foundation Trust Hon. associate professor at University College London said: "Every individual's menopause experience is unique. Katie has had a wild rollercoaster of a hormone journey throughout her life - one that transformed her after the menopause transition! In this book she draws on her own menopause experience and of those who she talks to and trains and shares strategies to overcome the challenges that one may encounter. As the chapters in the book unfold, readers will have a better understanding of what menopause is, when and why it happens, what the menopause symptoms are, how to manage them and the impact of the transition on long-term health. The book will leave the readers empowered to have conversations about menopause with people around them and manage their menopause so that they can make the right choices to live their life to the fullest."

Dr Angela Sharma BSc(Hons), British Menopause Society Medical Advisory Council Member, NHS GP Partner, Pembridge Villas Surgery, London, BMS Registered Menopause Specialist added: "It covers everything my patients ask me about and what I try to include in my talks."

Katie concluded: "Our aim is to bring together, and deliver, clear, evidence-based and well researched information with beautiful colour illustrations, and to make the book as accessible as possible for everyone – a woman experiencing menopause herself, a partner or family member, a friend, a colleague or a young person learning about the topic at school." MM



• **Katie Day.**



• **Sophie Standing.**