

Menopause is not always natural

Navigating Surgical Menopause?

When both ovaries are removed, this is known as **surgical menopause**, an immediate menopause triggered by surgery, at any age.

Surgical menopause is often misunderstood. We're here to help change that.

We provide support, education and advocacy for people navigating surgical menopause in Aotearoa.



Our Mission is to Help You Understand



What it is

What it means & how it happens



What to Expect

Physical, emotional & mental health impacts



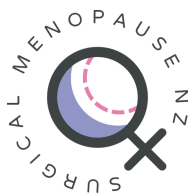
You're Not Alone

Hear from others & find your people



Your Options

Management, strategies & self-advocacy tools



Surgical Menopause New Zealand Trust

Join Us

Become part of our community and access the knowledge and support you deserve.

- ✓ **Support:** Connect with others in our online support group.
- ✓ **Advocacy:** Discover reliable, evidence-based information tailored to your needs.
- ✓ **Resources:** Access tools and insights to help you make informed decisions and receive better care.