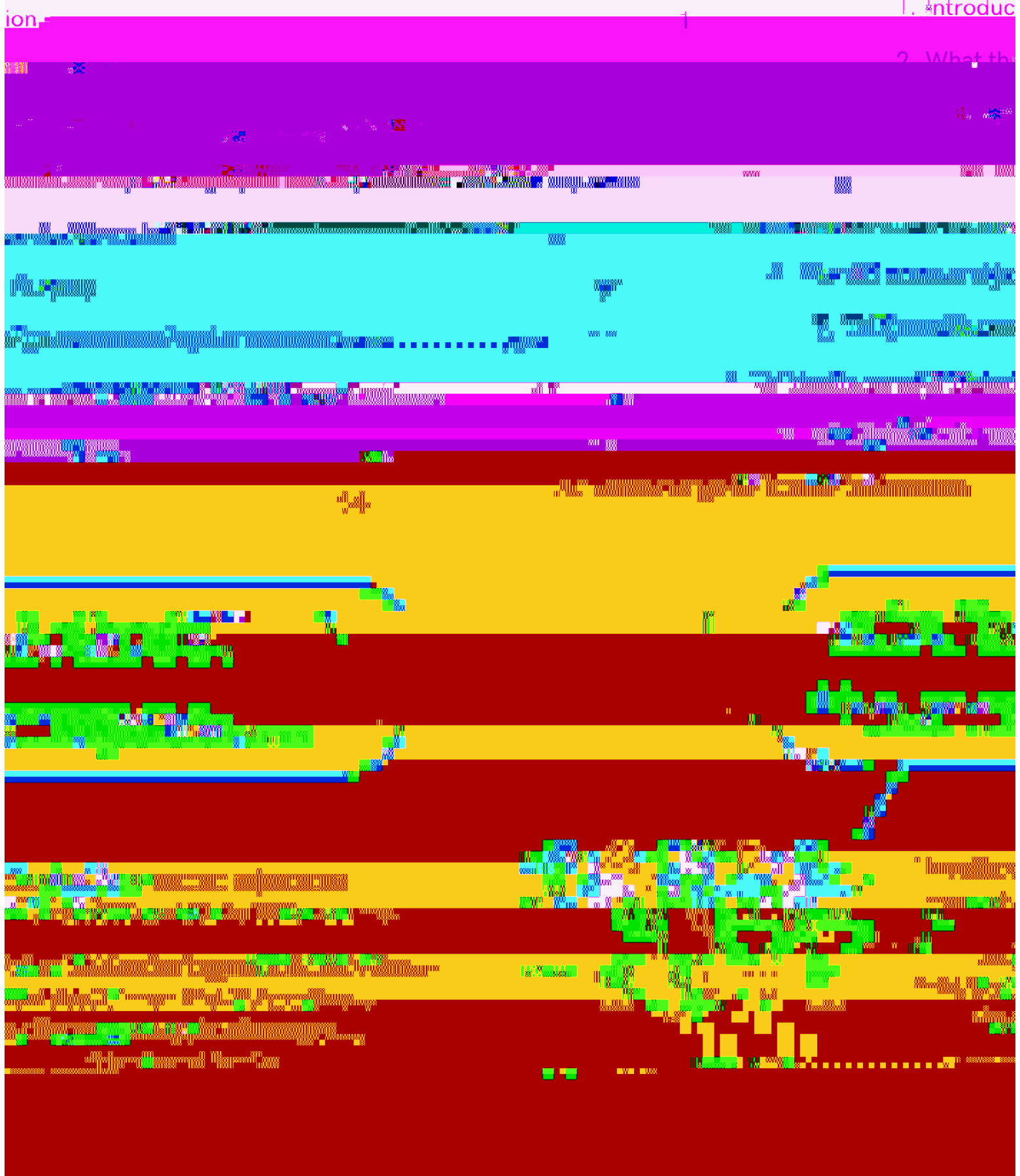


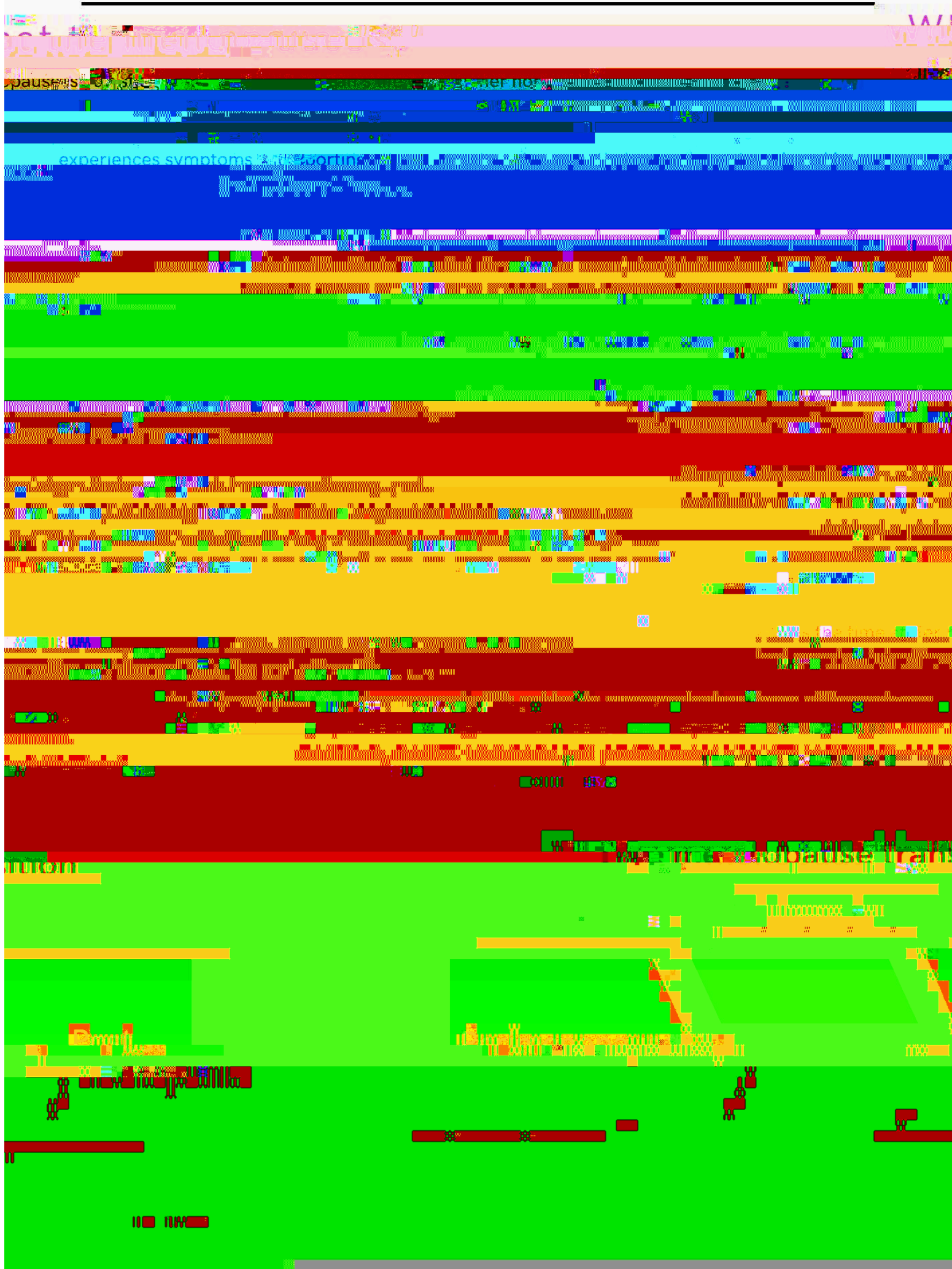
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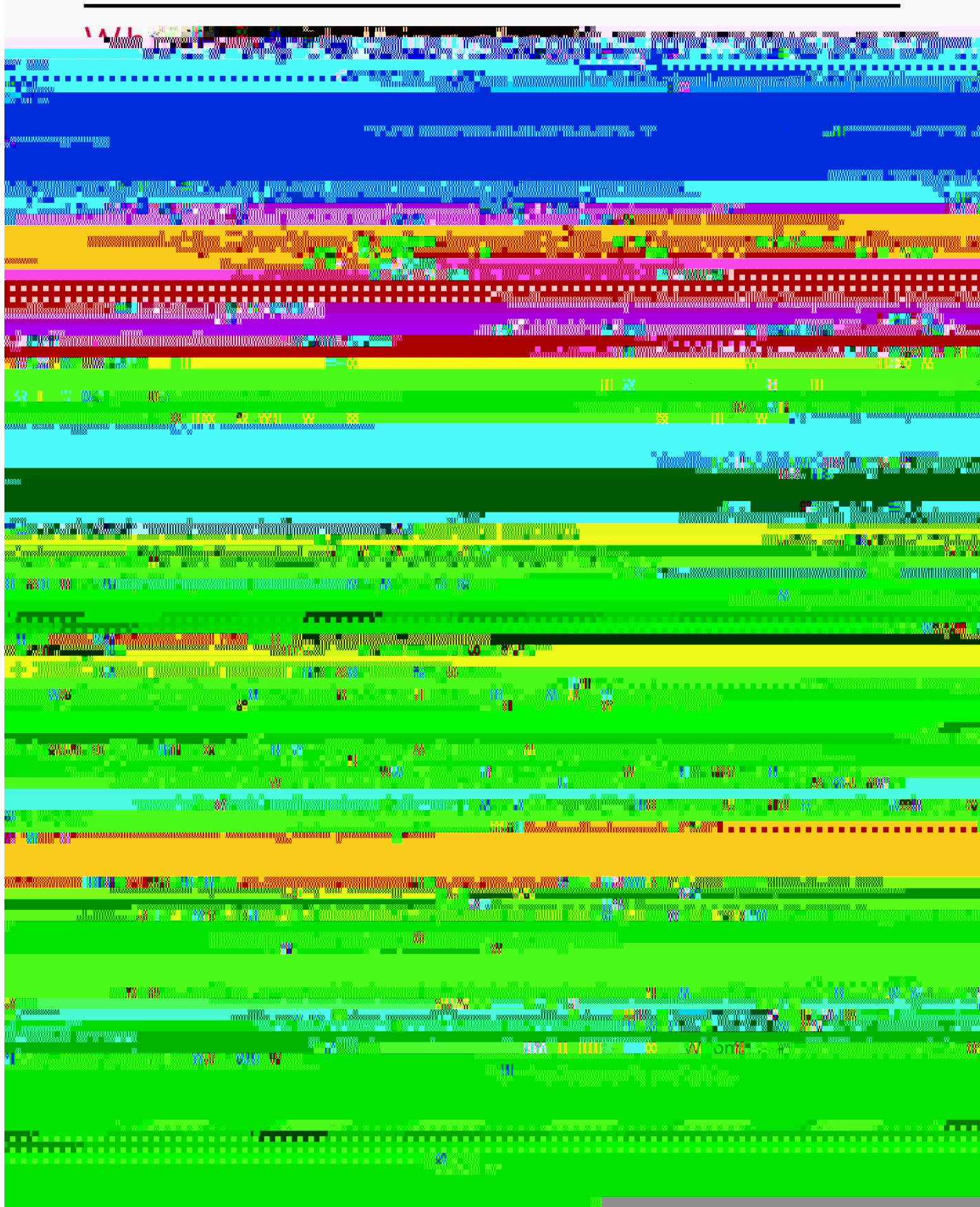
Page

1. Introduction

2. What the

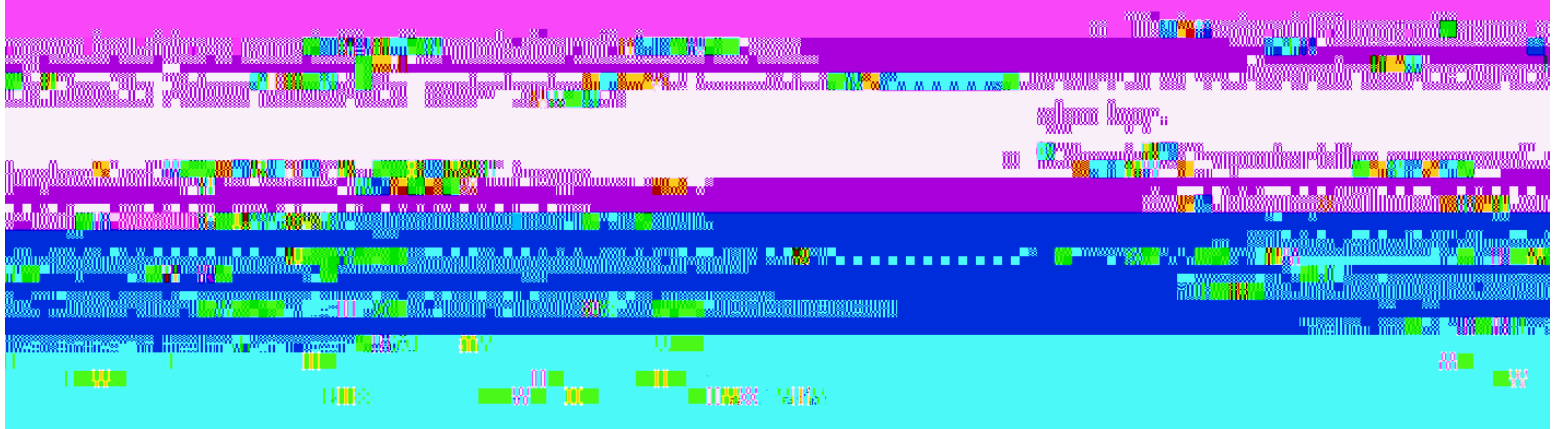
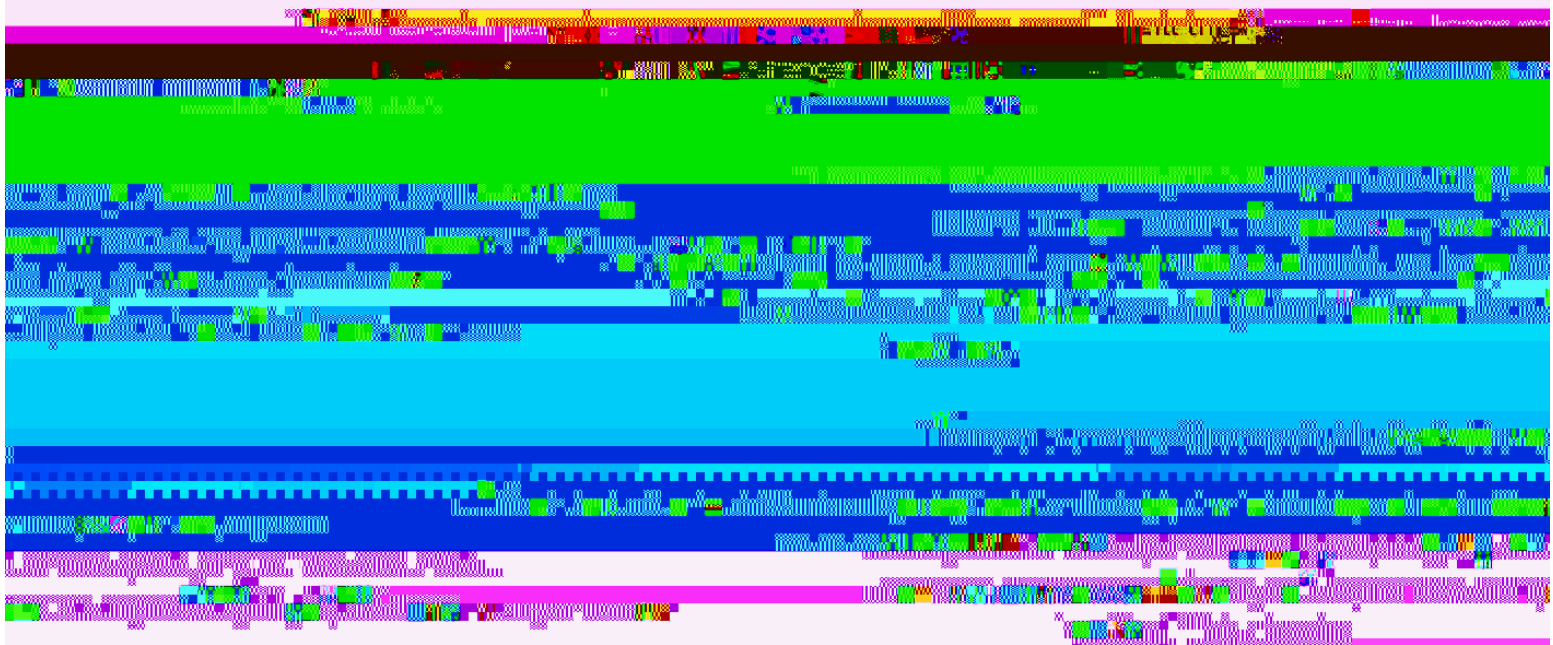






Possible treatment options

In the next section we will be looking at the possible treatment options for both those who are already experiencing symptoms and those who are not.



Antioxidants - this is good for our overall health. Antioxidants are substances that can prevent or slow down the damage to cells caused by free radicals. Free radicals are unstable molecules that can lead to cell damage and contribute to chronic diseases. Antioxidants can help to neutralize free radicals and protect cells from damage. Some common antioxidants include vitamins C and E, beta-carotene, and selenium. Antioxidants can be found in many fruits and vegetables, as well as in some supplements.

9 Medical entomology and epidemiology

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Wider, better, and sunnier

By [Zoe Williams](#), [Catherine Lewis](#), [Catherine Lewis](#), [Catherine Lewis](#)

11:27 AM

It's a beautiful day in London. The sun is shining, the birds are singing, and the traffic is moving. It's a perfect day for a walk in the park.

The children are playing happily, and the dogs are running freely. It's a wonderful scene, and it's exactly what we need today.

The weather is just what the doctor ordered. It's a perfect day for a walk in the park.

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What do we have a right to do?

...and other training.

Occupational Health and Safety Act
Employee Assistance Program

...agreements made
Occupational Health and Safety Act
• seek additional advice from H

...procedures

...

Guidelines for talking to your manager about menopause

How to talk to your manager about menopause

TALKING WITH YOUR MANAGER

It can be difficult to talk to your manager about how menopause is affecting you. Here are some tips to help you.

1. **Prepare yourself:** Think about what you want to say and what you need from your manager. Write down your points.

2. **Choose the right time:** Talk to your manager when they are not busy and you have some time to discuss the issue.

3. **Be clear and concise:** Explain how menopause is affecting you and what you need. Be specific about your symptoms and how they are impacting your work.

4. **Be professional:** Focus on how menopause is affecting your work and how you can continue to perform at a high level.

5. **Be open to solutions:** Your manager may have ideas for how to help you. Be open to their suggestions.

6. **Follow up:** If you agree on a plan, make sure you follow up with your manager to see how it is working.

7. **Seek support:** If you are struggling, talk to your doctor or a support group.

8. **Remember:** Menopause is a natural part of life and you are not alone. Your manager should be able to help you.

9. **Be confident:** You know your own body and what you need. Trust your instincts.

10. **Be patient:** It may take some time to find a solution that works for you.

11. **Be flexible:** Your needs may change over time, so be open to adjusting your plan.

12. **Be grateful:** Thank your manager for their help and support.

13. **Be proactive:** Take steps to manage your symptoms and maintain your health.

14. **Be informed:** Learn more about menopause and its effects on the body.

15. **Be resilient:** Menopause is a challenge, but you can overcome it.

16. **Be strong:** You are capable of handling whatever comes your way.

17. **Be brave:** Speak up for yourself and your needs.

18. **Be kind:** Be gentle with yourself and your body.

19. **Be honest:** Tell your manager the truth about how you are feeling.

20. **Be confident:** You are strong and capable. You can do this.

evidence in life matters

supporting team members experiencing menopause

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evidence in life matters

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about an important report and a listening team.

