

Women's Health Common does not mean normal

Our Q4 Women's Health Campaign aims to encourage greater understanding of important women's health topics.

Endometriosis

Recognising when period pain may be more than "just a bad period".

Endometriosis UK

Provides information, webinars, local support groups, an online community and a helpline.



NHS - Endometriosis

Provides information about symptoms, tests and treatment



PMS and PMDD

Identifying when cyclical symptoms are having a significant impact on daily life.

The PMDD Project

Offers information, resources and peer support groups for people affected by PMDD.



NHS

Provides information about symptoms, tests and treatment



NHS - PMS

NHS - PMDD

Menopause & perimenopause

Understanding symptoms and available workplace support

Menopause resources on Cemex UK News

Guides to support if you are struggling with menopause.



NHS

Menopause and perimenopause help and support.



Menopause Support UK

Provides information, guidance and support.



Breast Health

Knowing what is normal for you and when to seek medical advice.

Breast Health resources on Cemex UK News

Guides to support breast cancer and screening.



NHS - breast screening

Provides information about screening, why and how.



This campaign is intended to raise awareness and provide information. If you have concerns about your health, please speak with your GP.