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Title: Reducing menopausal symptoms for women during the menopause transition using group education in a primary health care setting—a randomized controlled trial

Authors: Lena Rindner, Gunilla Strömme, Lena Nordeman, Dominique Hange, Ronny Gunnarsson, Gun Rembeck



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## Highlights

- Menopause transition education (MTE) is a group programme for women aged 45-55 years about topics and symptoms related to menopause.
  - We found that the programme could be arranged at low cost, was feasible and was greatly appreciated by participants.
  - Menopause transition education might be effective in reducing menopausal symptoms and helping women to better manage the transition. However, this needs to be confirmed in a larger study.
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## **Reducing menopausal symptoms for women during the menopause transition using group education in a primary health care setting - A randomized controlled trial**

### **Corresponding author:**

Lena Rindner

Skene Health Care Center

Närhälsan,

Varbergsvägen 80

SE-511 81 Skene

Sweden.

**E-mail:** lena.rindner@vgregion.se

Fax: + 46 (0) 320 77 90 72

Cell phone: +46 (0) 730 620 700

Lena Rindner, RN, RDN, MSc

Närhälsan, Skene Health Care Center, Skene,

Närhälsan, Research and Development, Primary Health Care Region Västra Götaland,

The Research and Development Center Södra Älvsborg, Sweden

Department of Public Health and Community Medicine/Primary Health Care, Institute of Medicine, the Sahlgrenska Academy, University of Gothenburg, Sweden

Gunilla Strömme, RN, RM, BSc

Närhälsan, Mark Gynecological Clinic, Skene,

Sweden

Lena Nordeman, RPT, PhD,

Research and Development Center Södra Älvsborg, Närhälsan, Research and Development, Primary Health Care Region, Västra Götaland, Sweden

University of Gothenburg, Sahlgrenska Academy, Institute of Neuroscience and Physiology

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