

Adora: Your personalised & confidential menopause assistant

Using innovative technology, the adora app can help you recognise any menopause symptoms you may be having, suggesting ways you can feel better and get on with your life. [Download the app today!](#)



How the adora app can help you

Adora can quickly single out your symptoms

No menopause is the same, which means it's often tricky to pin down: there are approximately 40 symptoms, from hot flushes to a dry mouth; different women can experience different ones - plus symptoms can change over time!

You will receive a confidential & personalised plan

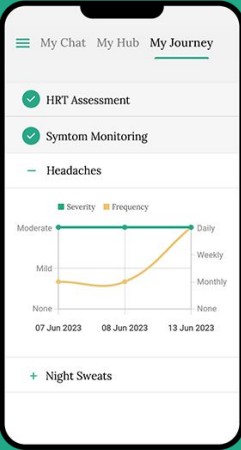
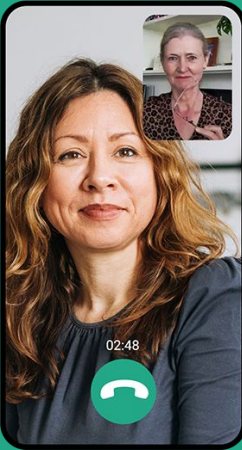
Adora will inform and help you on all things menopause - offering advice on everything from HRT and nutrition by women's health experts, to effective strategies on sleep, anxiety, hot flushes, night sweats, brain fog and much more.

Get access to NHS-trained gynaecologists

Want to speak to a doctor? Adora can introduce you to NHS-trained gynaecologists and women's health specialists who you can speak to confidentially at a time convenient to you (there are no waiting lists.)

Become part of the adora community!

You don't need to be alone in your menopause journey. Join adora and you will be invited to drop in to regular menopause meet-ups: live events featuring top women's health experts and covering key concerns and issues that working women face.



What adora can offer you:

- Personalised - so you can get to the heart of your menopause symptoms quickly
- Direct access to gynaecologists – no waiting lists!
- An interactive, easy-to-use symptom tracker and menopause toolkit – tracking your symptoms will enable you to pinpoint what strategies work for you
- Lifestyle tips and latest news - in all areas, from emotional health to nutrition, to sex, libido and pelvic health
- Regular live events with top women's health experts



Join our friendly events with women's health experts



Dr Karen Morton
NHS Consultant
Gynaecologist



Tanya Borowski
Clinical Nutritional
Therapist



Dr Fran Cappelluto
Safety Officer