Take a Pause

## Monday 5th December 2022

Written up by Amy Gouldstone

Today’s session including the following discussion points:

* How to talk to your GP particularly when you are further into the menopause and have other health conditions. GP support can vary greatly across the region and the country. Suggestions included:
  + [Menopause Fact Sheet - Self Care Forum](https://www.selfcareforum.org/menopause/#When_to_seek_medical_help)
  + Balance App
  + Ask for a second opinion
  + How to talk to your GP guide and taking a list [How to talk to your GP about menopause - Henpicked](https://henpicked.net/how-to-talk-to-your-gp-about-menopause/#:~:text=Prepare%20for%20your%20appointment&text=Keep%20a%20list%20of%20your,take%20them%20to%20your%20appointment.)
  + If you are clinical or have a clinical interest in menopause. The following may also help: [HRT advice and troubleshooting guide for GPs in primary care — Chelsea and Westminster Hospital NHS Foundation Trust (chelwest.nhs.uk)](https://www.chelwest.nhs.uk/professionals/gp-advice-and-troubleshooting-guide-for-hrt-in-primary-care)
* When having an operation e.g. Gallbladder removal you have to stop HRT for at least a month. A colleague described being worried about this but when she did it she actually found some symptoms improved and now is in a debate about whether to come off HRT or try something different.
* Colleagues talked about how Mindfulness has really helped
  + Trying the Thrive App (Access code SFHFT)
  + Audio book by Michael Chaskalson - Mindfulness in 8 weeks
* A Colleague Mentioned a couple of Facebook Groups that they have found helpful:
  + Vaginal Atrophy Facebook support group: [Vaginal Atrophy | Facebook](https://www.facebook.com/groups/1505719029448248/?ref=share)
  + [The Menopause Support Network | Facebook](https://www.facebook.com/groups/384849495215750/?ref=share)
* The Better UK gym are starting some menopause awareness
* SFH and the ICS conference 2022 information and presentations can be found here: [Sherwood Forest Hospitals (sfh-tr.nhs.uk)](https://www.sfh-tr.nhs.uk/for-health-professionals/looking-after-your-wellbeing-during-covid-19/menopause/)