**Take a Pause to Talk about Menopause: 11th January 2023**

Today’s sessions included the following discussion points from colleagues.

Please note these are only opinions and opinions between colleagues and not recommendations from Sherwood Forest Hospitals.

* Conversations about accessing blood tests for Menopause.
  + Ask you GP to make a referral to get tests that cover T4, T3, Thyroglobulin, FSH, Progesterone, Oestradiol, DHEA, 25 Hydroxyvitamin D and Testosterone.
  + You can ask the GP to go private; SFH private patients with GP referral is £151.32 as opposed to NHS price of £67.54.
  + Having a blood test can also check the effectiveness of HRT to consider having bioidentical HRT as an alternative.
  + [Bioidentical HRT for Menopause at The Marion Gluck Clinic](https://www.mariongluckclinic.com/)
* Colleagues talked about the positives of oral Collagen [Swedish Nutra Liquid Marine Collagen - Pack of 500ml, 20 Day Supply | Sugar Free Berry Flavour | Minimize Fine Lines, Wrinkles & Improve Skin Elasticity | 100% Natural Flavour | High Absorption Rate : Amazon.co.uk: Health & Personal Care](file://C:\Users\goulamy\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\OSL25S9K\Swedish%20Nutra%20Liquid%20Marine%20Collagen%20-%20Pack%20of%20500ml,%2020%20Day%20Supply%20|%20Sugar%20Free%20Berry%20Flavour%20|%20Minimize%20Fine%20Lines,%20Wrinkles%20&%20Improve%20Skin%20Elasticity%20|%20100%25%20Natural%20Flavour%20|%20High%20Absorption%20Rate%20:%20Amazon.co.uk:%20Health%20&%20Personal%20Care)
* Menopause specific colouring books maybe useful to colleagues as previously shared that mindfulness has been helpful. Amazon have some from £4.99 (other retailers are available).
* Discussed vitamins and looking at the different ingredients, one colleagues mentioned she was experiencing hair loss or thinning her hairdresser advised to check the ingredients of her multivitamins, and see if contains Biotin as this supplement supports hair and skin health during the Menopause.
* Colleagues have said they have found a face spray useful that contains rose water, recommending one by Beauty Bay called Mario Badescu Facial Spray with Aloe, herbs and rose water. [Mario Badescu facial spray with Aloe Herb & Rose Water 118ml - Boots](file:///C:\Users\goulamy\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\OSL25S9K\Mario%20Badescu%20facial%20spray%20with%20Aloe%20Herb%20&%20Rose%20Water%20118ml%20-%20Boots) – is also useful for hair health too.
* One colleagues shared she is reading Davina McCalls new book and will let the group know what it’s like.
* One colleague shared she is going to watch “Menopause the Musical 2” at Chesterfield Winding Wheel next month <https://chesterfieldtheatres.co.uk/shows/menopause-the-musical-2.aspx#.Y-DeRqZFD5o>
* All the Q+A’s from last years Menopause Conference have been updated and can be found in the Menopause section of the Wellbeing resources <https://www.sfh-tr.nhs.uk/for-health-professionals/looking-after-your-wellbeing-during-covid-19/menopause/>

Next Take a Pause session will be **Monday 6th February 2023 at 6-7pm**