

# Talking to Your Health Professional about Menopause and HRT

## Questions and Myths

Dr Louise Glasgow  
ACP Rachel Green

[illegible]



# History of the menopause

1900

Menopause age 57 years

Life expectancy 59 years

2020

Menopause age 51 years

Life expectancy 82 years

30% of life post menopausal

Research indicates 80% of women have symptoms

Currently 20% seek advice and support

Recent survey found that 67% of working women  
experience symptoms

# What body parts are affected?





# SHARED DECISION MAKING

- Joint process with a healthcare professional
- Involves making the diagnosis
- Choosing any necessary tests
- Discussing evidence-based treatment options based on persons individual preference, beliefs and values
- Making sure person understands the risk and benefits and possible consequences of different options through discussion and information sharing

# MYTHS

Menopause only happens after 50

Menopause starts when your periods stop

I can't get pregnant, I'm on HRT

You need blood tests and examinations before you can get HRT

Symptoms are purely physical

HRT causes breast cancer

HRT increases the risk of heart attack and stroke

I can't have HRT if I have a history of blood clots

HRT will make my migraines worse

Loss of libido is just something I have to put up with

# Questions people ask about HRT ?

What is the difference between tablets, patches, gels or sprays

Where do I put my patch or gel

Do I need Blood tests to check my levels

What should I do if my symptoms return when taking HRT

Is there a maximum dose of HRT

When do I need to stop my HRT

What do I do if I forget to take my HRT or reapply my patch



# Menopause Symptoms Questionnaire

This can be used to monitor symptoms and is worth doing regularly to assess how symptoms change with time or with treatment.

Please indicate the extent to which you are bothered at the moment by any of these symptoms by placing a tick in the appropriate box:

Symptoms	Not at all 0	A little 1	Quite a bit 2	Extremely 3	Comment
Heart beating quickly or strongly					
Feeling tense or nervous					
Difficulty in sleeping					
Memory problems					
Attacks of anxiety, panic					
Difficulty in concentrating					
Feeling tired or lacking in energy					
Loss of interest in most things					
Feeling unhappy or depressed					
Crying spells					
Irritability					
Feeling dizzy or faint					
Pressure or tightness in head					
Tinnitus (ringing or buzzing in the ear)					
Headaches					
Muscle and joint pains					
Pins and needles in any part of the body					
Breathing difficulties					
Hot flushes					
Sweating at night					
Loss of interest in sex					
Urinary symptoms					
Symptoms due to vaginal dryness					
SCORE					



# IMPORTANCE of LIFESTYLE in the Menopause



# Physical Activity



<https://drchatterjee.com/5min-kitchen-workout/>

## Diverse plant-rich diet



Sleep!!!



# Healthy relationships

- Stress management
- Relaxation
- Self care

