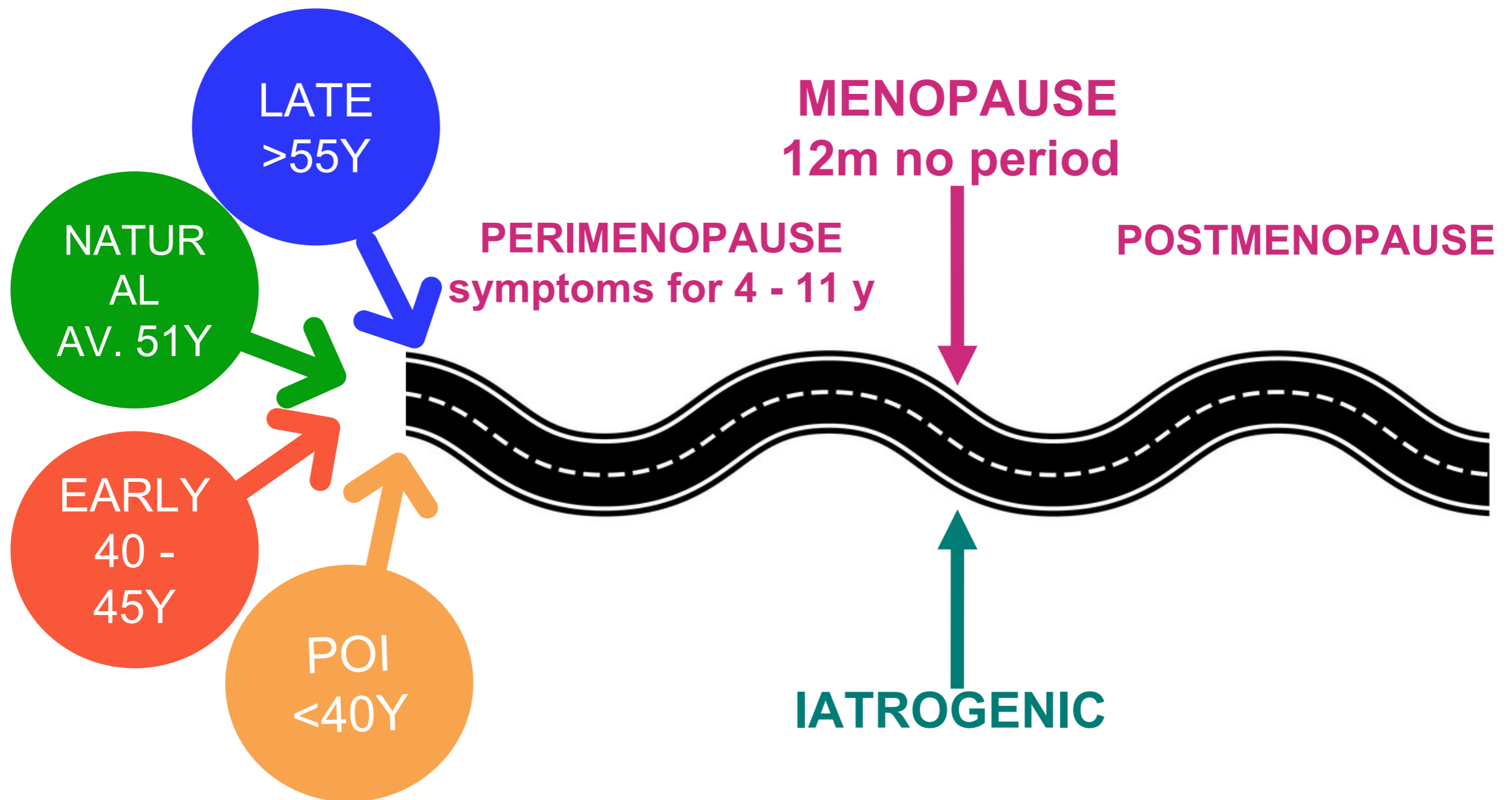


Menopause: Your GP Consultation

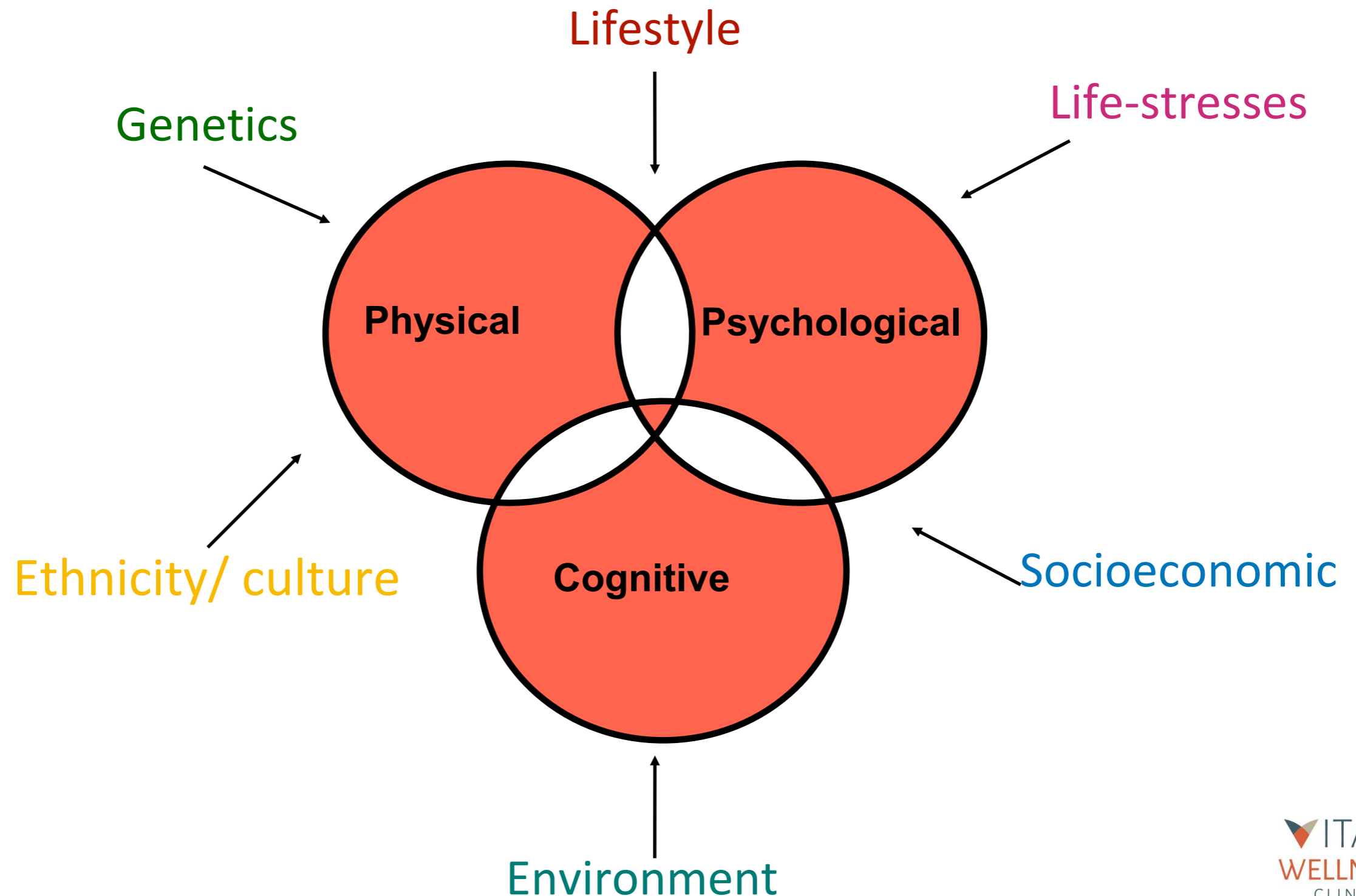
Dr Wendy Molefi
GP and Menopause Specialist

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The Menopause Journey



A unique experience



Before

- Your appointment slot
- Let reception know
- Menopause Symptom Checker
- Research
- Prioritise top 5
- E-consult
- Additional Information
- Focus on menopause

During

- Ideas, Concerns & Expectations
- Opening gambit - 'I have come to see you about the menopause'
- Your list / History
- QoL
- Examination
- Investigations
- Treatment options - Pros and Cons
- Questions
- Follow up

Treatment Options

- **Lifestyle Lifestyle Lifestyle**
 - Food as Medicine
 - Hydration
 - Exercise
 - Sleep
 - Alcohol
 - Mind and Body
- **HRT**
- **Non-hormonal therapies**



After

- Treatment
- Monitoring - benefits/ side effects/ new symptoms
- Lifestyle modification
- Support groups
- Speak to family/friends/colleagues/work
- Follow up at 3m or sooner with same Clinician

Resources

- British Menopause Society
- Women's Health Concern
- The Menopause Charity
- Menopause Matters
- Balance App
- Stella
- Books
- Facebook groups - Latte lounge

Thank You!!
Any Questions ??

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