

Menopause and HRT

At TMGP we endeavour to help as many women as we can who reach out to us wanting help, support, and advice about menopause and ultimately the choice as to whether to start HRT or alternatives.

All GPs can help with this, but we also have some specialist nurses who have set up a menopause clinic where you can access a face to face appointment to assess and support choices and lifestyle advice. This clinic is popular, and these nurses also have many other responsibilities so please be aware that they are booked quickly so please bear with us. We will go through your symptoms, your concerns and support in possible choices open to women.

Lifestyle is a very big part of menopause and if you have issues with your lifestyle then most of the time HRT cannot always work well. It's the usual things but they are important and these we physically cannot help with but can offer referral for support. So, we ask that you try address these issues rather than relying solely on HRT.

- Stop smoking
- Increase exercise
- Eat healthily
- Reduce alcohol intake to safer levels
- Make attempts to lose weight

Supplements are available but the majority are just multivitamins and herbal remedies have limited efficacy. There are a couple of supplements that do work and if interested we can let you know about these.

We have a couple of medications to help, this is not just limited to HRT. Of course, HRT does work for most women but not always and it is important to understand that HRT is not a miracle cure and nor is it an elixir of youth.

Testosterone is relatively new to the menopause treatment journey BUT is only able to be prescribed if extremely low libido is a problem and you have tried all the options within the HRT pallet. Women will also require a blood test to check testosterone levels, if these are normal, we would not be suggesting testosterone gel to be used.

This is a treatment that works well or not at all, anecdotally there is not an in between.

Check out these websites for advice –

- www.rockmymenopause.com
- www.nhs.uk/conditions/menopause
- www.menopausematters.co.uk
- www.daisynetwork.org (primarily for women who have POI)