

Menopause Advice Sheet – Talking to your GP about menopause

If you are experiencing menopausal symptoms which are long-term, difficult to manage, stop you enjoying life or affecting you in other ways, the University would encourage you to discuss this with your doctor as soon as possible.

It can be challenging to talk about your symptoms. The tips below may help you to prepare for your appointment.

How to prepare for your appointment

It will be easier for your doctor to understand the impact of your symptoms if you provide them with all the relevant information. Your doctor will be thinking about what to recommend for you, based on what you tell them. Your doctor may use other indications such as blood tests which show where you are on the menopause transition, to decide what is best for you. However these are not always available or accurate as hormones can fluctuate daily during this time.

Keep a List

It may be helpful to keep a list of your symptoms, your menstrual cycle, hot flushes, how you're feeling, and any changes you've noticed and take this to your appointment. This should help you and your doctor to find the right solution faster. If you have any preferences about how you manage your symptoms, for example, if you'd like to try hormone replacement therapy (HRT), or not, tell your doctor.

Research

The National Institute for Health and Care Excellence (NICE) guidelines [Overview | Menopause: diagnosis and management | Guidance | NICE](#). are guidelines for patients. Your doctor may also use these guidelines to determine the conversations to have with you and treatments to offer. You may find it useful to read these guidelines before you see your doctor, so that you know what to expect.

It may be helpful to ask the receptionist at your GP Practice who is the best doctor to consult about the menopause. There may be a doctor who has had special training in the subject but not your usual GP.

It may be helpful to ask for a longer appointment or try to book a double appointment, as some surgeries do offer this.

Don't be afraid to ask for a second opinion. If you don't feel you've received the help you need, ask to speak to someone else. Don't be put off, you know how you're feeling, and how it's affecting you.

There is a Menopause clinic at Aberdeen Royal Infirmary and if you think this would be helpful you should discuss a referral to the clinic with your GP.

You could consider taking your partner or a friend with you. They will know how the symptoms are affecting you and could support you at the appointment and find out how they can continue supporting you.

What will happen at the Doctor's appointment

Your doctor will probably:

- Talk to you about your lifestyle, and how to manage both your menopause symptoms, and your longer-term health;
- Offer advice on hormone replacement therapy and other non-medical options;
- Talk to you about the safety and effectiveness of any treatment.

Your doctor is there to help and support you, and hopefully you will feel comfortable and confident in talking to them about your symptoms, and any help you need. There is help and support available. Don't think you have to struggle through the menopause.

Further Advice

Employee Assistance helpline [Human Resources | StaffNet | The University of Aberdeen \(abdn.ac.uk\)](#)

Student Helpline - [Support Services | StaffNet | The University of Aberdeen \(abdn.ac.uk\)](#)

National Institute for Health and Care Excellence (NICE) guidelines. These explain how your GP will determine what types of treatments and interventions they can offer you. You can find out more information by using the following link <https://www.nice.org.uk/guidance/ng23/ifp/chapter/About-this-information>

The National Health Service provides an overview of menopause. You can find more at <http://www.nhs.uk/Conditions/Menopause/Pages/Introduction.aspx>

Menopause information. The Royal College of Obstetricians and Gynaecologists offer further information in a dedicated area of their website at: <https://www.rcog.org.uk/en/patients/menopause/>

Premature Ovarian Insufficiency (POI) information and support on very early menopause. You can find out more at <https://www.daisynetwork.org>

Information on hysterectomy. This provides an insight into surgically induced menopause as a result of having a hysterectomy. Further details can be found at: www.nhs.uk/conditions/hysterectomy

A **Government Report** 'The effects of menopause transition on women's economic participation in the UK' July 2017 lead author Joanna Brewis, researched by the University of Leicester was published. [Menopause transition: effects on women's economic participation - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/reports/feature/menopause-transition-effects-on-women-economic-participation)

Henpicked. This site provides information on managing menopause, and an insight into women's stories see <https://henpicked.net/menopause/>

Menopause Matters www.menopausematters.co.uk

Rock My Menopause www.rockmymenopause.com/

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