

MENOPAUSE AND YOU – WHERE TO START?

The team at Langport Surgery are here to try and help you, but every patient is different and the decision to start hormone replacement therapy (HRT) is a very personal choice.

Below are some really useful resources to have a read through and consider your options.

[Menopause Matters, menopausal symptoms, remedies, advice](#)

[HRT: Benefits and risks - Women's Health Concern \(womens-health-concern.org\)](#)

Not sure if your symptoms are those of the menopause? There is an app called Balance which can help. Or you could use the Greene Climacteric Scale (link below) to see how many of your symptoms could be due to the menopause.

[Balance - Balance app \(balance-menopause.com\)](#)

[The-Greene-Climacteric-Scale-PDF.pdf \(lizearlewellbeing.com\)](#)

HRT is not suitable for everyone and all forms of HRT (except vaginal oestrogen creams and pessaries) do slightly increase the risk of breast cancer. Drinking excess alcohol and being overweight further increase breast cancer risk, so this decision has to be carefully balanced. The table below helps explain this risk further:

[WHC-UnderstandingRisksofBreastCancer-MARCH2017.pdf \(womens-health-concern.org\)](#)

If you decide that HRT is something you would like to try, you need to book in for a blood pressure check and weight/height check (to calculate your body mass index) with the healthcare assistant. If you have a blood pressure machine and scales at home you can send us these readings instead. Once this has been done, please contact reception to book a telephone consultation with a clinician who has an interest in women's health.

A mirena coil can be a really useful part of HRT and also provide contraception if required. We have two clinicians at Langport Surgery who fit mirena coils – Lois Parsons our experienced nurse practitioner, and Dr Myriam Groessens, a GP. If you think that this is something you would like to consider, it may be sensible to book your follow up telephone consultation with Lois or Dr Groessens in particular.

Don't forget – you still need contraception – if you are under 50 you need to continue contraception until 2 years after your last period. If you are 50 and over, you need to continue contraception for 1 year after your last period.

Thank you for taking the time to consider this before contacting us to discuss further.

The team at Langport Surgery