

Speaking to your GP about the menopause

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If you're struggling with troublesome menopausal symptoms, your GP surgery is a good starting point for advice on the menopause and its management. But what will your GP want to know and what should you tell them? And how can you plan in advance?

In the Winter 2022-2023 issue of The Menopause Exchange newsletter, Dr Jeni Worden, Dorset GP, gives a GP perspective on menopause-related appointments, with advice on every step of the process – from arranging the appointment and being prepared, to blood tests, health checks and discussions about HRT.

“GP appointments should be a two-way discussion, and it's important to make sure that you and your GP leave the conversation with an action plan in place,” says Norma Goldman. “There are certain things that your GP will need to know from the beginning, while other health topics may be delayed for a different consultation. It's important that you tell your GP exactly how you're feeling and if there's anything you're worried about.”

Other articles in the Winter 2022-2023 issue of The Menopause Exchange quarterly newsletter include HRT in women with medical conditions, Gut bacteria and health at the menopause, and Oral health, as well as news, Ask the Experts Q&As and information about Norma Goldman's webinars, talks and workshops.

The Menopause Exchange, which was established in 1999, is unbiased and independent and isn't sponsored by any companies or organisations. Our free quarterly newsletter contains articles written by top UK medical experts, including menopause consultants, GPs, specialist menopause nurses, pharmacists, dietitians and complementary practitioners. We also include news, book reviews and our 'Ask the experts' page. Each issue of The Menopause Exchange's free quarterly newsletter is emailed to over 13,000 people, including women, men, healthcare professionals, complementary therapists, workplace managers and journalists.

Menopause webinars: Your readers may be interested in organising a webinar for their family and friends or workplace. For over 23 years, Norma Goldman has been presenting menopause talks and workshops. Her in-depth knowledge has helped thousands of women enjoy a more comfortable menopause. She's now hosting her own regular webinars via Zoom. Norma's 'Understanding the menopause' webinar is suitable for women at or approaching the menopause, women who have had a premature menopause (before age 40) or a hysterectomy, or anyone with an interest in women's midlife health. Post-menopausal women can attend presentations too. If women join the webinar, they'll be able to ask questions, receive a factsheet and hear about other women's experiences. To attend a webinar, arrange one for a group of friends or to find out more information, women should e-mail norma@menopause-exchange.co.uk or call 020 8420 7245.

To join The Menopause Exchange, anyone can sign up for free on our website, <http://www.menopause-exchange.co.uk>. You can also find us on Facebook and Twitter (@MenopauseExch).

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NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: The menopause at work; Premature ovarian deficiency (POI); Emotional symptoms & how to handle them; Bioidentical HRT; Easing hot flushes and sweats without HRT; Vitamin D and the menopause; Eye health at the menopause.
3. The founder and director of The Menopause Exchange is Norma Goldman. Norma has a pharmacy degree and a Master's degree in health promotion. She gives webinars, talks and workshops on the menopause to employees in the workplace including hospitals, women's groups, healthcare professionals, GP practices, organisations, companies and at exhibitions.
4. Victoria Goldman, editor of The Menopause Exchange newsletter, is an experienced health journalist, editor and proofreader, with a BSc. degree in Biomedical Science and a Master's degree in Science Communication. Her murder-mystery novel, The Redeemer, is available from Amazon, Waterstones and other book retailers.
5. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, men, healthcare professionals, complementary practitioners, line managers, health and safety officers and anyone else who is responsible in the workplace for the wellbeing of employees.
6. All press enquiries to Norma Goldman on 020 8420 7245.