Menopause Guidelines

Clinical presentation

- Hot flushes/ Night sweats / Palpitations
- Mood swings / Sleep disturbance
- Urogenital symptoms / Sexual disorders

History and examination

- BP/ Height / Weight
- Pelvic examination and thyroid examination – if appropriate

Primary Ovarian failure

Diagnose if age <40 years based on both:

- Menopausal symptoms
- Elevated FSH levels

Refer to Gynaecology

Provide patient information and advice

lifestyle advice to reduce symptoms:

- Weight loss
- Exercise
- Stress reduction
- Avoiding triggers
- Sleep hygiene

Give general lifestyle advice:

- Bone health
- Advice on alcohol intake
- Encourage smoking cessation

Age >40 years

Investigations

- If no period for >12 months and not using hormonal contraception diagnose Menopause without lab tests
- If uncertain: FSH, LH

Manage health implications

- Heart disease
- Osteoporosis
- Urinary incontinence
- Vaginal atrophy
- Decreased sexual function

Provide patient information and advice

Consider HRT and refer to HRT pathway

HRT Guidelines

Contraindications to HRT

- Current, past or suspected breast cancer
- Known or suspected oestrogen-sensitive cancer
- Undiagnosed vaginal bleeding
- Untreated endometrial hyperplasia
- Previous idiopathic or current VTE
- Active or recent arterial thromboembolic disease
- Untreated hypertension
- Active liver disease
- Porphyria cutanea tarda
- Pregnancy

Offer HRT if not contraindicated Vasomotor symptoms

- Oestrogen and progestogen in women with a uterus
- Oestrogen alone in women without a uterus

Urogenital atrophy

- Offer local vaginal oestrogen
- Can be used alongside systemic HRT

Review

-if multiple regimens have failed

Consider stopping systemic

HRT

HRT contraindicated or declined

Consider alternatives to HRT:

- Trial of **SSRIs** and **SNRIs**
- Clonidine
- Vaginal lubricant or moisturiser

REFER to Specialist Clinic ONLY if patient fails to respond to multiple treatment

May need to seek specialist advice on use of **local oestrogen** if HRT contraindicated for vaginal symptoms