

# Counselling /FAQs



# Menopause

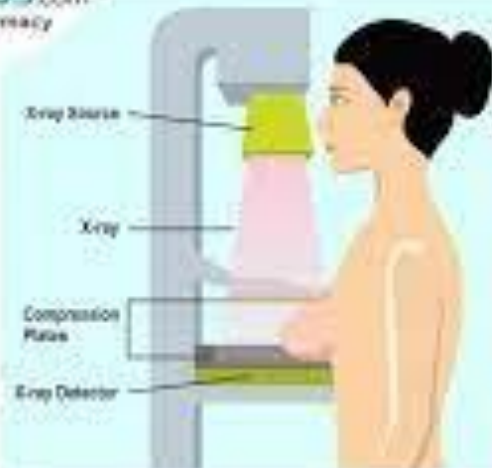
- Not everybody suffers with symptoms
- 70% - Vasomotor symptoms (Hot flushes, sweats)
- Varies – familial , Ethnicity
- Duration – 6 months – 20 years (Average 7.4 years)
- Crucial time (45 -55 years)
- After 60, requirement for estrogen reduced



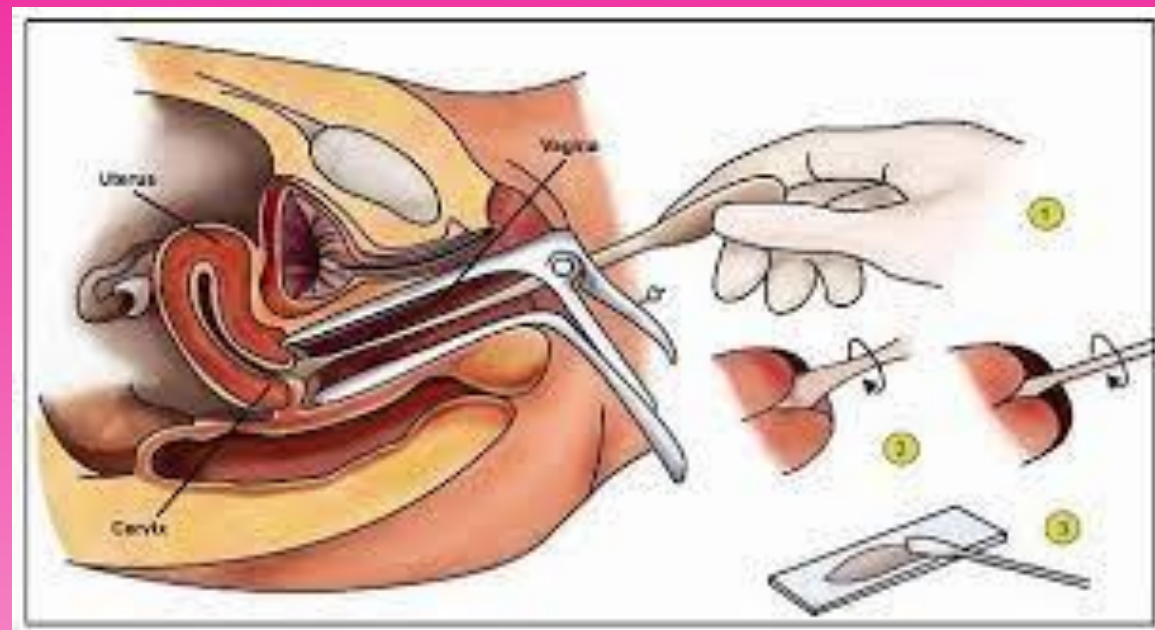
- Pap smear
- Mammography
- Family history: screening



## MAMMOGRAPHY



A mammography exam, called a mammogram, aids in the early detection and diagnosis of breast diseases in women and men.



# Counselling Points

- Irregular bleeding is common in first 3-6 months
  - (Bleeding > 6mths/ after amenorrhoea requires Ix)
- Importance of adherence with treatment
- Remind peri-menopausal women that HRT is not a contraceptive
  - Can stop contraception at 1 year after period if >50 yrs and 2 years if <50yrs or 56yrs
- No evidence that HRT causes weight gain



- **Myth #1 - Menopause begins when a woman stops having her period**



- **Myth #2 - Hot flashes are the only symptom of menopause**



- **Myth # 3- sex life is over!**





- **Myth #4 - Menopause cannot be treated**



- **Myth #5 - There are no benefits to menopause**



- **Myth #6- Does menopause make you forgetful?**



# What to do?

- Awareness
- Coping mechanisms (Diet, lifestyle, Exercises)
- If severe, consider HRT



# What's on offer?

- Individually tailored advice, care and support
- 30 minutes minimum, sometimes longer
- Careful risk assessment
- Necessary investigations ( DEXA Scan, blood tests and scans when needed )
- Life style advice, information leaflets/web info
- Clear plan of management and communication

