

Welcome to your Menopause Virtual Engagement Event Waiting Room

You are automatically on mute.

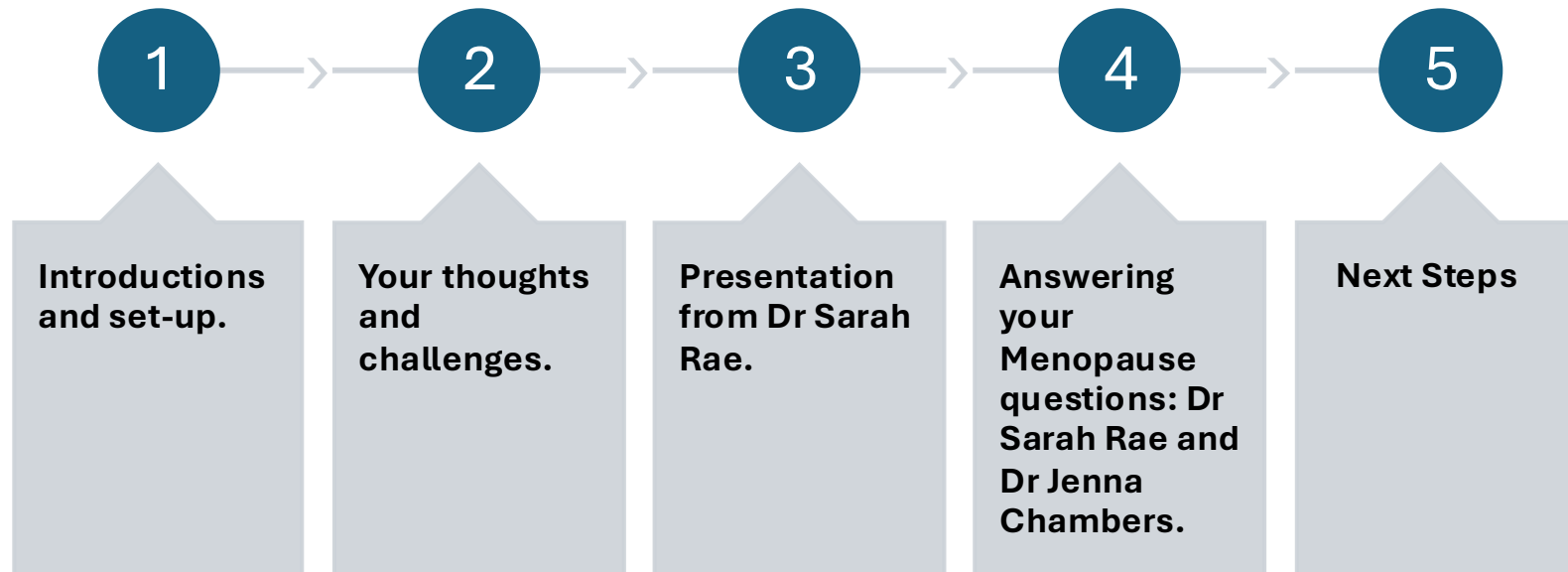
You can have your camera on/off, it's up to you!

Welcome to your Menopause Virtual Engagement Event

**Your Facilitator this evening is:
Kathryn McHarg**

**Your Clinicians tonight are:
Dr Sarah Rae and Dr Jenna Chambers**

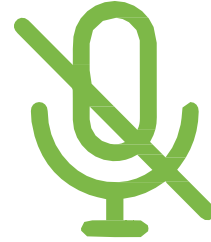
Flow of our session



What can you do this evening?



Camera: on/off



Mic: mute



Chat box



Respect confidentiality



Leave the session



Be curious

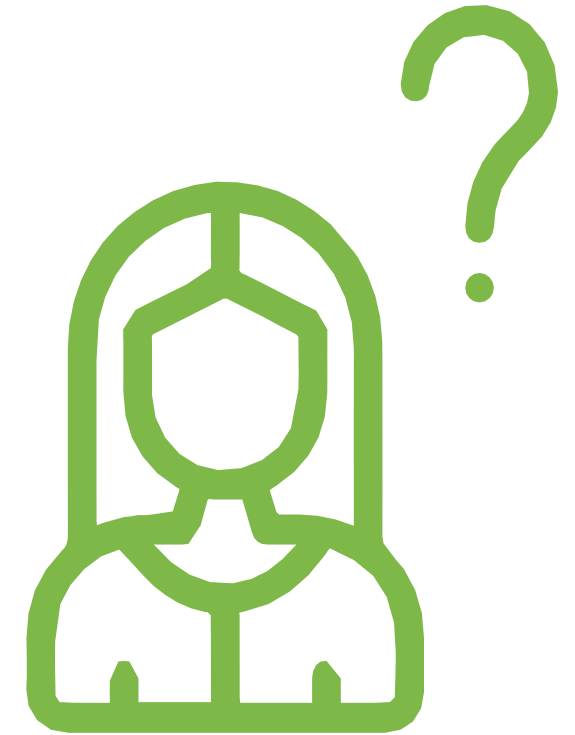
If you have to drop out of the meeting or lose connection - don't worry as you will receive the slides via email within a couple of days.

Before we start.....

Can you tell us on a scale of 1-10?
(where 1 is the least confident)

How confident you are right now in managing your
Perimenopause/Menopause?

POLL



What are your main challenges in menopause?

POLL



What do you want to know about the Menopause?

Please type your question(s) into the chat box

We will aim to theme some of these questions to be answered at the end by our clinicians....



Welcome Dr Sarah Rae

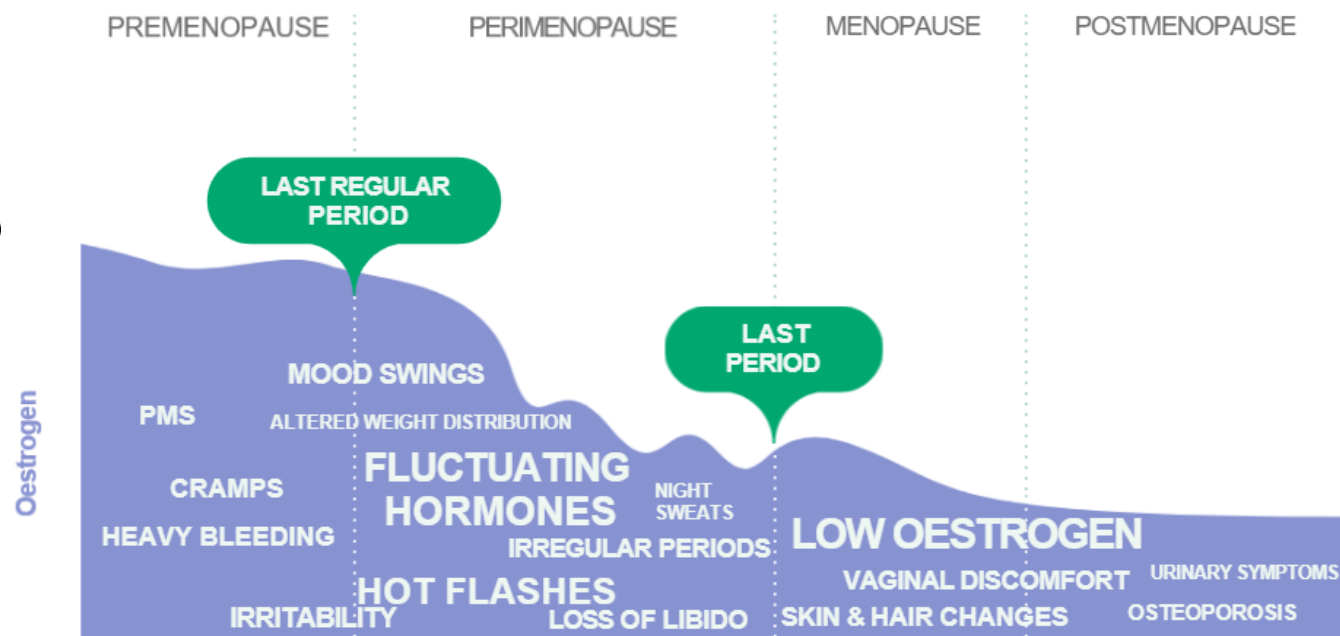
What is the Menopause?

Menopause is a natural stage of life, like puberty. It usually happens between 45 and 55 years, with an average age of 52.

Menopause includes:

- Perimenopause – when hormones start to change
- Menopause – when periods stop
- Post-menopause – life after menopause

Symptoms can last for several years and are different for everyone.



Body Changes around Menopause

Changes you may notice around menopause:

- Hot flushes and night sweats
- Changes to mood, sleep, memory or energy
- Changes to periods
- Weight gain, especially around the middle
- Joint pain or headaches
- Vaginal or bladder symptoms



These changes are mainly caused by falling oestrogen levels.

Hormone Replacement Therapy (HRT)

What is it? How to take it? Why take it?

HRT replaces hormones that reduce during menopause.

It can help with symptoms such as:

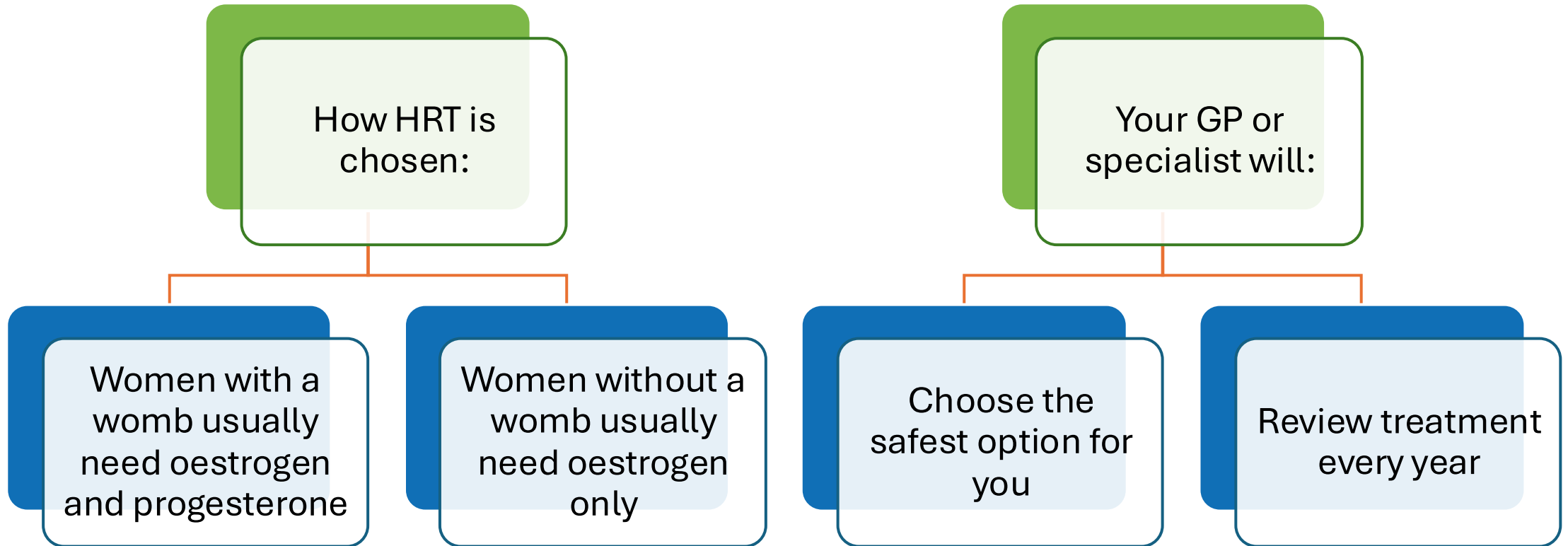
- Hot flushes and night sweats
- Sleep and mood
- Joint pain
- Vaginal symptoms

HRT can be taken as:

- Patches, gels or sprays
- Tablets
- Vaginal treatments



HRT Key Points



HRT and Breast Cancer Risk

Overall the risk is low

Current evidence suggests:

- Oestrogen-only HRT has little or no increase in risk
- Combined HRT has a small increase in risk
- Vaginal oestrogen does not increase risk

Other factors like weight, alcohol and smoking have a bigger effect on risk.

Thinking about HRT and other risks

Many everyday factors affect health risks.

For example:

- Being overweight can increase breast cancer risk more than HRT
- Regular exercise can lower risk
- Reducing alcohol can lower risk

Risk is about balance, not one single decision.

<https://www.womens-health-concern.org/wp-content/uploads/2022/12/11-WHC-FACTSHEET-HRT-BenefitsRisks-NOV2022-B.pdf>



HRT Risks and Benefits

<u>Benefits:</u>	<u>Risks:</u>
<ul style="list-style-type: none">• Better symptom control• Improved quality of life• Stronger bones• Heart health benefits (when started early)	<ul style="list-style-type: none">• Small increase in some cancer risks• Blood clot risk (lower with patches or gel)

Let's talk about sex!

Sometimes testosterone is prescribed for:

- Low sex drive that does not improve with HRT

Important points:

- Used “off-licence” in women in the UK
- Careful monitoring is needed
- Stopped if no benefit after 6 month



Contraception should be considered up to the age of 55yrs

Saving money on prescriptions

You may be eligible for an NHS HRT Prescription Prepayment Certificate.
This can reduce the cost of HRT.

More information: <https://www.gov.uk/get-a-ppc>

Health Checks and Screenings

Regular checks:

Cervical screening - 25-49 every 3years, 50-64 every 5 years

Breast screening - 50-70 every 3 years

Bowel screening - 50-74 every 2 years

NHS Health Checks - 40-74 every 5 years

Targeted Lung Screenings - Current or Ex-smokers, 55-74

Screenings Save Lives! Check if yours is due

What else may affect how you feel?

Midlife can include:

- Work pressure
- Caring for children or parents
- Relationship changes
- Less time for yourself

All of these can affect menopause symptoms.



How balanced is your life?

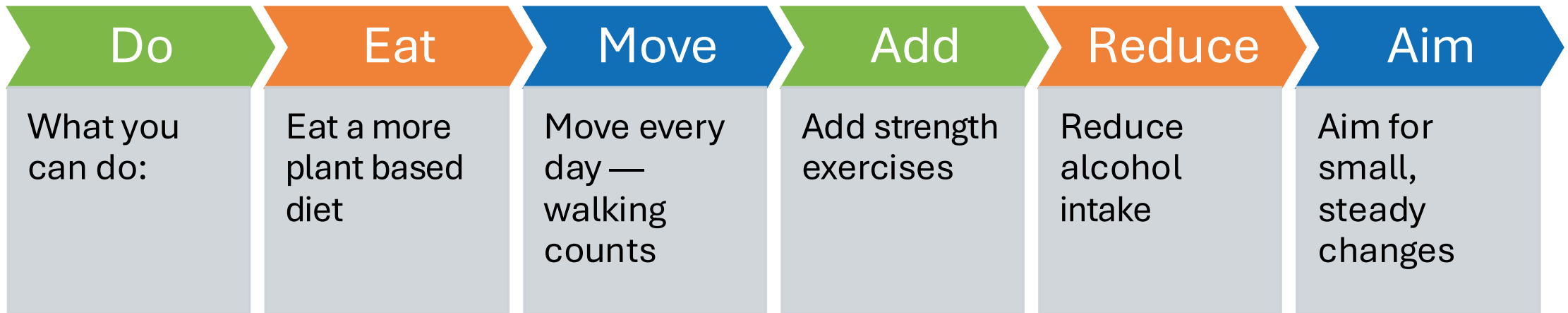
Small changes can help:

- Sleep
- Movement
- Food
- Social connection
- Spending time outdoors
- Avoiding harmful activities



Looking after yourself helps you look after others.

What lifestyle changes could you make?



Social media hype and what to believe?

Some products are popular online but evidence is limited.

- Collagen – small skin benefit only
- Magnesium – mixed evidence
- Creatine – promising but still being studied
- Vitamin D – useful only if levels are low

If you are not sure check with a healthcare professional.



A nod to healthy ageing

The choices you make now shape your future health.

Small steps today can help you:

- Stay active
- Stay independent
- Feel well for longer



Your Challenges and Questions

Group Consultations

This evening's event provided you with **general information** and answers to general questions.

Group Consultations offer more **personalised support** – like a normal consultation, but:

- 1½ hours in a group of 8/10 people
- Each person has their consultation with the doctor, and listens to others' consultations
- Learning about how others manage menopause symptoms
- Sharing of personal information in the group

What women like about group consultations:

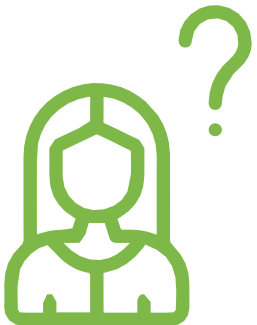
- More time with the doctor
- Supportive and helpful to learn from other women going through the same thing
- Better outcomes
- Would recommend to a friend

Sign up to get more information on group consultations in the feedback form.

And now ...

**Can you tell us on a scale of 1-10 how confident YOU
feel now in managing your
Perimenopause/Menopause?**

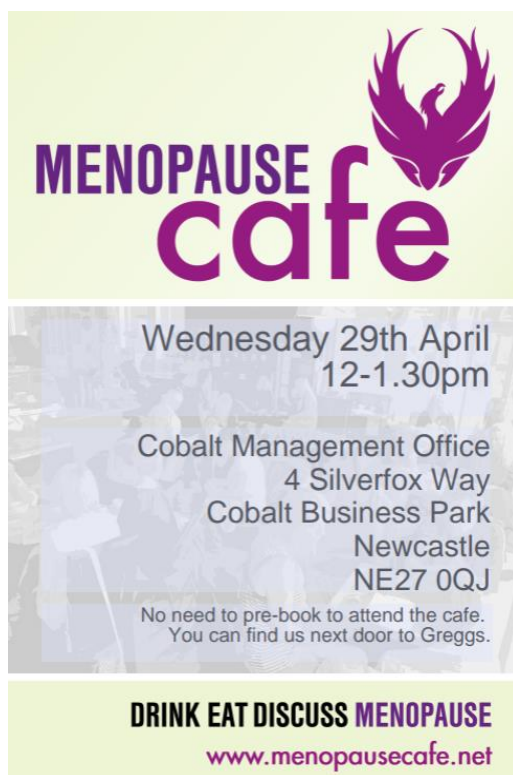
POLL



Next Steps

This evening's event provided **general information**

- **Group Consultations** offer more **personalised support**
- **Menopause Cafes**



MENOPAUSE
cafe

Wednesday 29th April
12-1.30pm

Cobalt Management Office
4 Silverfox Way
Cobalt Business Park
Newcastle
NE27 0QJ

No need to pre-book to attend the cafe.
You can find us next door to Greggs.

DRINK EAT DISCUSS MENOPAUSE
www.menopausecafe.net

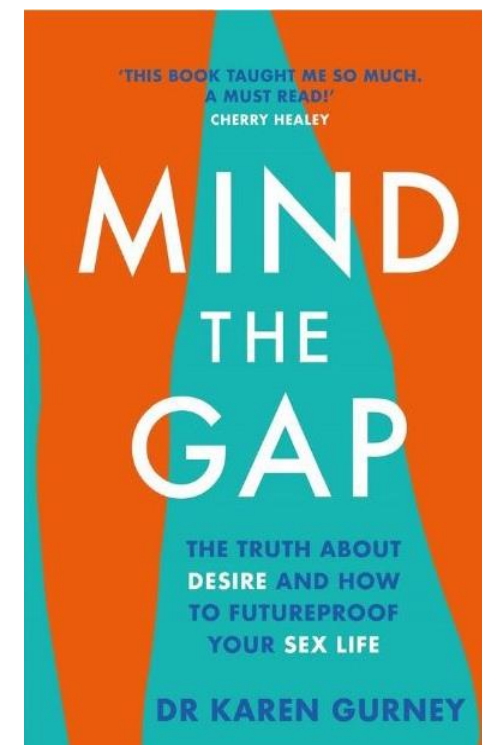
At a Menopause Café people gather to discuss their experience of the menopause

Menopause Cafés are offered:

- In an accessible, respectful and confidential space
- Open for all, regardless of gender or age
- On a not for profit basis
- Alongside refreshments!

Here are some links to information about the menopause:

- [Women's Health Concern](#)
- [Menopause Matters](#)
- [NHS Choice – Menopause](#)



[Events Map and Calendar](#)

Feedback and Thank You!

Tell us what you thought

(link to feedback form and link to more info about
Group Consultations)

[Menopause VEE Feedback – Gosforth and Jesmond Health](#)

Slides will be sent to your email address....in the next few days!

Thank you for joining us tonight!