

Menopause care for women

2920 responses



Who have you seen to receive advice and treatment about your perimenopause or menopause?



Which of the following is true regarding the management of your perimenopause/menopause?

- Received excellent care from my GP
- Received excellent care from another healthcare professional
- Received good care but it has taken several months to access this
- Frustrated with the care I am currently receiving
 Seen numerous doctors but I am still not
- receiving adequate care Very disappointed with the level of care I have received by my GP



Have you seen a healthcare professional about your perimenopausal or menopausal symptoms?



Where did you see the healthcare professional who helped you the most?



Private clinic/hospital

NHS clinic/hospital

Are you aware of the NICE guidelines on the diagnosis and management of the menopause?



Did your doctor or healthcare professional do a blood test to assess your hormone levels?

Yes No Not relevant

Menopause care for women survey 2019. Dr Louise Newson. Produced by E4H.

Have you been referred to a hospital for appointments and/or investigations which are likely to be related to your perimenopause or menopause (eg. migraine clinic, scans, heart tests)?



Have you ever been offered HRT by a doctor or other healthcare professional?

Yes 40%

No 60%

Have you been offered antidepressants for low mood associated with your perimenopause or menopause?



How many different types of antidepressants have you been offered?



Approximately how many hospital appointments and/or investigations did you have before a healthcare professional thought your symptoms were related to your changing hormone levels?

1= 34% 1-5= 50% 5-10= 10% 10+= 9%



How would you best describe your experience with being prescribed HRT?



Were the antidepressants

offered instead of HRT?

66°

My doctor was very confident and offered me choices

- My doctor was uncertain and looked up the type of HRT to give me
- I had to see more than one doctor before I was offered HRT
- I was given written information/ directed to evidence based websites
- □ I felt I was given adequate time to explore any concerns I had
- □ It was not a very positive experience

Has a healthcare professional ever discussed lifestyle choices (eg. diet and exercise) with you for your perimenopause or menopause?



Overall what has your experience been of receiving evidence based, non-biased care for your perimenopause or menopause?

2.52 Average Rating