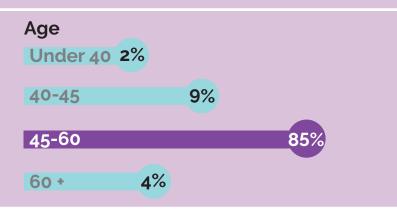
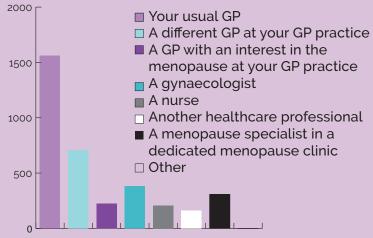


## **Menopause care for women**

2920 responses

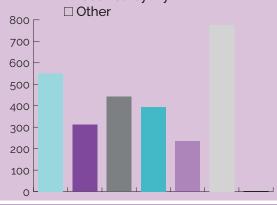


## Who have you seen to receive advice and treatment about your perimenopause or menopause?



## 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?



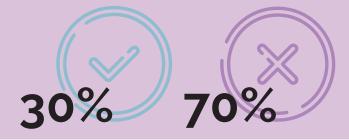
Where did you see the healthcare professional who helped you the most?



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?

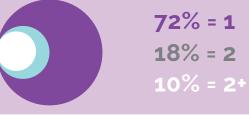
**Yes 40%** 

No 60%

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

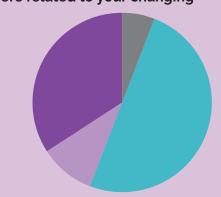


How many different types of antidepressants have you been offered?

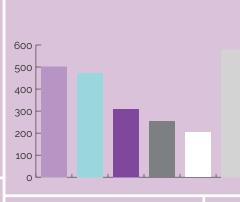


Approximately how many hospital appointments and/or investigations did you have before a healthcare professional thought your symptoms were related to your changing hormone levels?

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