



## Perimenopause to Post Menopause

The term perimenopause is often used to describe the time before the menopause when you experience menopausal symptoms but are still having periods. The word menopause literally means when your periods stop. If you are over 45 years of age, have irregular periods or other symptoms of the menopause, you do not normally need any tests to diagnose the menopause.

You could fill in the [Greene Climacteric Scale questionnaire](#), email it to [KHCadmin@nhs.net](mailto:KHCadmin@nhs.net).

Make an appointment with Dr McHugh or Dr Beattie. Dr McHugh is a member of the British Menopause Society and has completed the FSRH/BMS Certificate in the Principles and Practice of Menopause Care.

The most effective treatment for symptoms of the menopause is to replace the hormones your body no longer produces. Hormone replacement therapy (HRT) contains oestrogen, a progestogen (or progesterone) if it's needed, and in some cases, testosterone. HRT will help treat your menopause symptoms. HRT also protects your future health from osteoporosis, heart disease, type 2 diabetes, bowel cancer and dementia. It is important to have the most up to date evidence based information on HRT before deciding with your doctor what is suitable for you.

For most women the benefits of taking HRT outweigh any risks. Other ways to minimise a negative impact of the menopause on your health and wellbeing is to make some healthy changes to your lifestyle by cutting out smoking and reducing alcohol, taking regular exercise that keeps your heart healthy and your bones strong, and eating a well balanced diet that promotes gut health. Finding time to do things that help you relax and having strong social and emotional connections with others can also help your menopause symptoms.

### Other resources:

[HRT in a Nutshell](#)

[Menopause Matters](#)