

## Welcome to the Sheffield Menopause Clinic

The Sheffield Menopause Clinic provides a nurse and General Practitioner led service for the management and treatment of menopausal symptoms. The Clinic offers this service on a private self-pay basis for patients who wish to receive information, advice and treatment for menopausal symptoms as an alternative to the NHS provision.

### **Your Safety**

The Clinic is registered and regulated by the Care Quality Commission which means the care provided and the professionals who deliver it meet the government standards of quality and safety. The Clinic Medical Director is Mr Dominic Dodd BSc (Med Sci), MBChB, MD, FRCS Ed (Gen Surg), his role includes oversight of the clinical governance processes within the Clinic. Consultations and treatment are delivered in accordance with the NICE (National Institute for Health and Care Excellence) guidelines, and there are policies in place to identify health issues that may require additional care and referral.

### **Your Care**

Your care is provided by Registered Nurse Prescriber Caroline Hill, or General Practitioner and Menopause Specialist, Dr. Alison Green BSc, MBBS DCH, DRCOG, MCRP MRCGP.

**Caroline** is focused about supporting women through the menopause transition, and she has undertaken specific training over the last 4 years in preparation for delivering the service. She holds a Foundation Certificate in Menopause Care, and attended numerous conferences and courses provided by the British Menopause Society. Caroline identified that many women are not prepared for the physiological and emotional changes that occur during the menopause. There has also been a lot of conflicting information portrayed in the media regarding the safety of HRT – which creates confusion.

**Dr. Green** is passionate about the benefits of HRT and is very aware of the lack of available specialist knowledge, and the need for individualised treatment in General Practice. Alison initially qualified at University College London and trained and worked as a GP in London and Brighton. She then spent Several years as a Specialist Paediatric Registrar in Nottingham and Sheffield, before returning to General Practice in 2007. Dr. Green is striving to educate women and her colleagues to provide an expert and balanced view for peri-menopausal and menopausal women. Alison is a member of the British Menopause Society and is currently working towards full Specialist accreditation, having completed the theory component of the British Menopause Society Advanced Certificate.

### **Your Menopause**

The menopause is a natural transition for a woman as she ages. Every woman's experience of the menopause is unique. Some women will sail through the menopause experiencing a few mild symptoms. However, some women experience moderate and severe physical and

physiological symptoms that can be debilitating, frightening and isolating. The cause of these symptoms is linked to a drop in oestrogen. Evidence shows that administering oestrogen-based hormone replacement therapy (HRT) can reduce the severity of unpleasant symptoms such as hot flushes, low mood and insomnia. Oestrogen also protects bone health and reduces the risk of fractures as we age.

### **Your Choices**

The aim of The Sheffield Menopause Clinic is to provide unbiased, evidence -based information so that you can make an informed decision about your treatment. Our aim is to assist you in making choices that will optimise your health and wellbeing.

HRT is not suitable for everyone, but clinical evidence shows that lifestyle changes, some complimentary therapies, Cognitive Behavioural Therapy (CBT), as well as HRT can be helpful in managing symptoms and promoting health during the menopause. In summary, there is an option available to meet every woman's individual menopause. We can discuss all these options with you during the consultation.

During your consultation the aim is to help you:

- Understand the menopause
- Confirm where you are in the menopause (peri or post-menopausal)
- Assess and identify any aspects that may affect or limit treatment options
- Sign post you to other services
- Create an individual treatment plan (this may include lifestyle changes, HRT, proven complementary and alternative therapies and CBT)
- Identify potential treatment side effects
- Consider the risks and benefits

### **Your Treatment and Care**

A private prescription for HRT can be provided to you. A review appointment to assess your response to the treatment is required after 3 months and then annually. We will ask for your consent to notify your GP outlining the outcome of your consultation, this is recommended in the interests of safe prescribing.

### **Bio-Identical Hormone Therapy (BHRT)**

\*Bio-identical Hormone therapy is available and can be prescribed. It is dispensed from the [www.specialist-pharmacy.com](http://www.specialist-pharmacy.com) based in London. It is not available on the NHS.

Compounded BHRT is not licensed and therefore not regulated. We will always encourage you to consider a licensed pharmaceutical medication first.

**If you would like to book an appointment, or wish to find out more please  
feel welcome to contact us**

**Please scroll for price list (Please note that Nurse Caroline Hill is not currently  
taking on new Menopause patients)**

## The Sheffield Menopause Clinic Pricelist

Menopause Clinic	Dr. Alison Green (GP)	Nurse Caroline Hill
1 hour Consultation and individual assessment. In-depth discussion of menopause health and treatment options including;  -HRT -Complementary and lifestyle alternatives -Cognitive Behavioral Therapy  Included in the fee is a detailed report and treatment plan*, two emails or phone calls and your first prescription (if required)  <i>*a copy of this will be sent to your GP</i>	£195	£150
20 Minute 6 week / 3 month review	£100	£75
30 Minute prescription (12 month) review (includes prescription)	£125	£95
Additional email correspondence	£35	£30
Repeat prescriptions	£30	£30
<b>Blood Tests</b> Oestradiol Progesterone Free Testosterone Follicle stimulating hormone Luteinising hormone  Vitamin D DHEA sulphate	£40 £40 £40 £40 £40  £40 £40	
<p><b>Please note:</b> blood tests are only available where it is identified by your practitioner as appropriate and relevant to your health assessment.</p> <p>Written consent will be requested, to copy in your GP on the results. This is to ensure continuation of your health records within the NHS.</p>		
<b>Women's Health Physiotherapy with Jackie Gibbon</b> One hour consultation		£90
30 Minute treatment		£60