

HILL MEDICAL MENOPAUSE CLINIC

119 Ecclesall Road South
Sheffield
S11 9PJ
0114 235 1193
info@hillmedical.co.uk

www.thesheffieldmenopauseclinic.co.uk



We are delighted and privileged to announce the appointment of Dr Alison Green (General Practitioner with a Special Interest in Menopause Care) to lead the Menopause

Service at Hill Medical Clinic.

With increased awareness of the impact of the menopause on many women's lives, and the lack of access to services that provide effective management and treatment of the physical, emotional and psychological symptoms, we have been working hard to expand our services to support local women.

We are pleased to introduce Dr Alison Green BSc MBBS DCH, DRCOG, MCRP MRCGP, who will be offering a regular private menopause service at the clinic.

After qualifying at University College London, Alison initially trained and worked as a GP in London and Brighton. Alison then spent several years as a Specialist Paediatric Registrar in Nottingham and Sheffield, before returning to General Practice in 2007. 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.

Dr Alison 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. She is striving to educate women and her colleagues to provide an expert and balanced view for peri-menopausal and menopausal women. The aim of The Sheffield Menopause Clinic is to ensure you receive

up to date, accurate and unbiased evidence-based care. We recognise that unfortunately, many women receive conflicting and inaccurate information - especially in the media. 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 for quality and safety. 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 onward referral.

Your Choices

Your journey begins with a one-hour consultation and individual assessment, and an in-depth discussion of your menopausal symptoms, your health and treatment options. Every woman's menopause is unique and will follow a different path; but it doesn't have to affect your quality of life. Dr Alison Green will provide unbiased, evidence-based information so that you can make an informed decision about your treatment. She will assist you to make 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

During your consultation, our aim is to help you:

- Understand the menopause
- Understand the effects of estrogen depletion on the body
- Confirm where you are in the menopause (peri or postmenopausal)
- Assess and identify any aspects that may affect or limit treatment options
- Sign post you to other services when appropriate
- Create an individual treatment plan
- Identify potential treatment side effects
- Consider the risks and benefits of each treatment

Your treatment and care

Treatment may include:

- HRT – the latest body identical estrogens and progesterones (that the latest clinical evidence suggests has less side effects)
- Vaginal oestrogens & DHEA – to manage vaginal and bladder symptoms
- Testosterone – to manage symptoms causing brain fog and low libido
- Non-HRT medication – where HRT is not suitable
- Proven complementary and alternative therapies – supported by NICE guidelines
- Cognitive Behavioural Therapy (CBT) – techniques to help manage hot flushes and insomnia
- Onward referral to specialist care if a need is identified

Following your consultation, you will be provided with a copy of your personal menopause assessment and a treatment plan outlining your choices. This will be supported by an information pack containing factsheets and useful resources. A private prescription for HRT can be provided to you and we can continue to manage your care. We understand that many women who start HRT will require ongoing support and guidance in the first 3-6 months, and it is often necessary to tweak the dose or type

of preparation during this period. A review appointment to assess your response to the treatment is encouraged between 6-12 weeks after you start treatment, and a mandatory prescription review is required annually to allow us to continue to prescribe treatment to you.

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. If you wish to continue your menopause treatment via your GP, the health assessment and treatment plan will help you to convey the treatment option you would like to proceed with.

Keep in touch

We plan to expand the services we offer to women over the next few months to include:

- Women's pelvic floor physiotherapy
- Nutrition and functional health
- Counselling services

Our Aim

Our aim is to provide you with everything you need to know about the menopause and all the latest information so that you can make an informed decision about your treatment, to optimise your health and wellbeing through the menopause and beyond.

If you would like to book an appointment, or wish to find out more, please contact us using the details below:

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The Sheffield Menopause Clinic Pricelist

Menopause Clinic	Dr. Alison Green (GP)
<p>1 hour Consultation and individual assessment In-depth discussion of menopause health and treatment options including; -HRT -Complementary and lifestyle alternatives -Cognitive Behavioral Therapy</p> <p>Included your consultation fee: -A detailed report and individualized treatment plan (a copy is sent to your GP with your consent)* -One email or phone call within 6 weeks of your consultation -Your first prescription if required <i>(Please note that there will be a dispensing charge payable to the pharmacy when you collect your medication)</i></p> <p><i>*Following your consultation, you may choose to continue your care with Dr Green (see prices below) or Dr Green can refer you back to the care of your GP.</i></p>	£195
<p>Please note there is an additional charge when you collect your medication from the pharmacy to dispense any private prescriptions that we issue. We are able to give you a guidance on how much this may cost if required.</p>	
<p><u>If you continue treatment under our care, please refer to the following charges:</u></p>	
3 Month Review - 20 minutes	£100
12 Month Prescription Review – 30 minutes (includes new prescription) Mandatory	£125
Additional correspondence with Dr Green (Limited to 1x email or a 10 minute phone call)	£35
Repeat prescriptions - this does not include the costs of medication	£30
<p>Blood Tests (if required)</p> <p>Oestradiol</p>	£60
Progesterone	£60
Free Testosterone	£60
Follicle stimulating hormone	£60
Luteinising hormone	£60
Vitamin D	£60
DHEA sulphate	£60
<p>Please note: blood tests are only available where it is identified by your practitioner as appropriate and relevant to your health assessment.</p>	