

MENOPAUSE

Getting the best from your GP

Dr Helen Garr



Dr HELEN GARR

GP Cripps Nottingham University
NHS Practitioner Health Service
Clinical Lead
GPS Coach and mentor
Director British Society Lifestyle
Medicine
RCGP Wellbeing Board
Public Health England Clinical
Champion Physical Activity
LMC Wellbeing Lead
NEMS
@TheWellbeingGP



WHAT IS THE MENOPAUSE?

- PREMATURE / PERIMENOPAUSE/ MENOPAUSE
- EGG DEPLETION
- DROP IN OESTROGEN – LEADS TO SYMPTOMS



- You are not going mad
- This can be helped
- You do not have to suffer



A woman's relationship with the menopause is complicated...

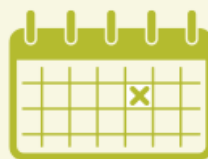


Three quarters of women* in the United Kingdom say that the menopause has caused them to change their lives and more than half say it has had a negative impact on their lives.**

Work can be a struggle

45%

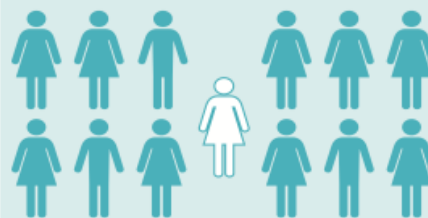
of women say they feel their menopause symptoms have had a negative impact on their work



47%

who have needed to take a day off work due to menopause symptoms say they wouldn't tell their employer the real reason

Social lives can take a back seat



Over **33%** of women feel less outgoing in social situations

32% of women feel they are no longer good company

23% of women feel more isolated

Sex can be off the menu

51%

of women say that their menopause had affected their sex lives



42%

of women also say they just didn't feel as sexy since experiencing the menopause

Partners are left feeling helpless

38%

of partners say they feel helpless when it comes to supporting their partner through the menopause



28%

of partners say they often end up having arguments "because they don't understand what she is going through"

* Either currently experiencing menopausal symptoms OR have experienced menopausal symptoms within the last ten years.
** Whose menopause symptoms strongly affected their life.

About the findings in this infographic: On behalf of the British Menopause Society, Edelman Intelligence conducted online interviews with 1,000 adults in the UK (698 women and 302 men) who were aged 45+ and either peri-menopausal, menopausal or post-menopausal or partners of those who are in a relationship with a woman who is either peri-menopausal, menopausal or post-menopausal, nationally representative of the online population in terms of regional spread.

Women's
Health
Concern

www.womens-health-concern.org
Reg Charity No: 279651
Company Reg No: 1432023

For further information and support, including our telephone and email advisory service – please visit

www.womens-health-concern.org

BMS
British
Menopause
Society

www.thebms.org.uk
Reg Charity No: 9015144
Company Reg No: 02759439

September 2020

- HOT FLUSHES – 75%
- NIGHT SWEATS
- DEPRESSION AND ANXIETY
- BRAIN FOG
- SLEEP DISTURBANCE
- ACHES AND PAINS
- DRYNESS



RISKS

- OSTEOPOROSIS
- CVD
- STROKE

**PHYSICAL ACTIVITY PROTECTS
AGAINST RISKS & HELPS WITH
SYMPTOMS**





Couch to 5K

A running programme for absolute beginners. Couch to 5K has now helped more than 4 million people start running.

The app:

- has a choice of 5 trainers to motivate you
- works with your music player
- tracks your runs
- connects you with other Couch to 5K runners

Couch to 5K can be completed in as little as 9 weeks, or longer if you want to go at your own pace.



Active 10

The Active 10 app records every minute of walking you do (anonymously). Just pop your phone in your pocket and away you go!

The app:

- tracks your steps
- helps you set goals
- shows you your achievements
- gives you tips to boost your activity

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for – take your first steps today!



5 ways to get the best from your GP

- 1 – Double Appointment
- 2 – Ask who the expert is
- 3 – Know your symptoms
- 4- Know what you want or don't want
- 5 – Ask twice



Read about [our approach to COVID-19](#)

[Home](#) > [NICE Guidance](#) > [Conditions and diseases](#) > [Gynaecological conditions](#) > [Menopause](#)

Menopause: diagnosis and management

NICE guideline [NG23]

Published date: 12 November 2015

Last updated: 05 December 2019

[Guidance](#)

[Tools and resources](#)

[Information for the public](#)

[Evidence](#)

[History](#)

About this information

Menopause

Seeking help

Diagnosing menopause

Information about menopause

Menopause as a result of
medical treatment

Treating menopausal symptoms

Managing your symptoms

Benefits and risks of HRT

If HRT is not suitable for you

Starting and stopping HRT

Reviewing your care

Premature menopause

(premature ovarian

[Download \(PDF\)](#)

Information for the public

Next >

About this information

[Does this information apply to me?](#)

NICE guidelines provide advice on the care and support that should be offered to people who use health and care services.

This information explains the advice about menopause that is set out in NICE guideline NG23.

Does this information apply to me?

Yes, if you are a woman with symptoms likely to be caused by menopause.



Magazine

subscribe today for a year from just **£25!**

[BUY THE LATEST ISSUE](#)

Welcome to Menopause Matters.co.uk

Menopausematters.co.uk is an award winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. Here you will find information on what happens leading up to, during and after the menopause, what the consequences can be, what you can do to help and what treatments are available.

Subscribe to our free Newsletter

For your information...

- > [Menopause +](#)
- > [Premature Menopause +](#)
- > [Menopause Symptoms +](#)
- > [Bleeding Problems +](#)
- > [Vaginal Problems +](#)
- > [Bladder Matters](#)
- > [Menopause and HRT after Hysterectomy](#)
- > [Treatments +](#)
- > [Diet, Lifestyle & Exercise +](#)
- > [Menopause at Work](#)
- > [Hormone Replacement Therapy +](#)



English



daisy network

Become a member

Donate

[Home](#)

[About us](#) ▼

[About POI](#) ▼

[Our Locations](#) ▼

[News, Events and Research](#) ▼

[Members Login](#)

[Health Professionals](#) ▼

We are Daisy Network.

A charity for women with POI. We are here for you.



NHS Practitioner Health

Email: Prac.Health@nhs.net

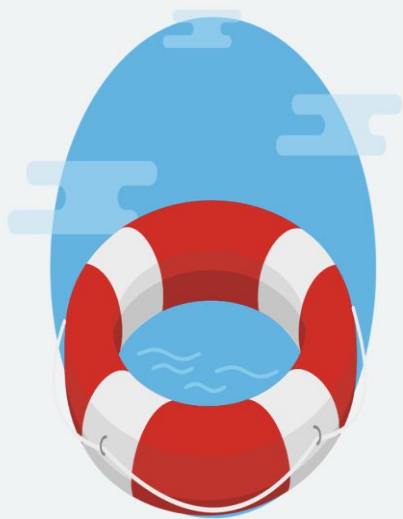
Tel: 0300 030 3300



@NHSPracHealth



**Health for Health
Professionals - PHP**



[For support by text message](#)

Text 'FRONTLINE' to 85258

24 hours a day, seven days a week

Supporting our people

Helping you manage your own health and wellbeing whilst looking after others



[For confidential support by phone](#)

General: 0300 131 7000

(7am-11pm)

Bereavement: 0300 303 4434

(8am-8pm)

Wellbeing apps

NHS staff have been given free access to a number of wellbeing apps from

now until the end of December 2020 to support their mental health and wellbeing. Apps include SilverCloud, Sleepio, Daylight, Unmind and Headspace



Access free self-help apps

What's your Sleep Score?

[Start Sleepio](#)



A science-based approach

Sleepio is a 6 week online program designed by sleep experts and based on cognitive and behavioral techniques.





headspace

BEATING BURNOUT

A Webinar hosted by
Dr. Sarah Goulding - an NHS GP and
Coach for doctors, specialising in
Career Development and Wellbeing.

Understand what burnout is,
why it affects health workers so
commonly, how to combat it and how to
ask for help if needed.

You will come away with some specific
strategies for protecting and boosting your
wellbeing in these difficult times.



OCTOBER 19TH • 7:30 PM

REGISTER AT
[PRACTITIONERHEALTH.NHS.UK](https://practitionerhealth.nhs.uk)

Expert Speaker Series

TAKING A BREAK FROM COVID-19

How to escape,
unwind and reboot in
a global pandemic.

Hosted by Dr Rachel Morris, Dr Helen Garr and Dr Caroline Walker.

As the coronavirus pandemic continues, healthcare workers are preparing themselves for the challenging months to come.

In this webinar, we will share our top tips for staying well at work by using your annual leave & breaks most effectively, and signpost you to further support for you and your colleagues should you need them.



Dr Rachel Morris



Dr Helen Garr



Dr Caroline Walker

October 20th
8 PM to 9 PM

Register at
practitionerhealth.nhs.uk



The Wellbeing GP
Dr Helen Garr

PICK & MIX WELL-BEING MENU

**A selection of 10 pick and mix,
bite size wellbeing sessions to
care for your team's wellbeing.**

Each energetic and interactive session
can be taken as a virtual workshop or webinar.

Webinars allow for larger groups whilst
workshops cater for up to 30 people which
crucially allows time for staff to reflect and
connect in a meaningful way.

info@thewellbeingGP.co.uk
helengarr@nhs.net

PICK & MIX MENU

GO TO ROME!

Come on a journey, ending in Rome, learning along the way evidenced based, free and accessible tips and tools to recognise and prevent burnout, promote wellbeing and happiness in life and work.

In this energetic and interactive session, you will learn about the five key ways to wellbeing and will be facilitated to identify goals to take forward to make sure you and your team are mentally and physically fit for the challenges ahead.

PPE FOR THE MIND

Ensure you and your team have the psychological PPE to face the challenges ahead. We will uncover the evidence based tools for coping in challenging times and you will be facilitated to build your own personal resilience and wellbeing plan to develop optimum mental fitness.

RELIGHT YOUR FIRE

Reignite your passion for work and uncover the secrets to rediscovering joy and satisfaction at both work and home.

Recognise what lights your fire as well as what drains and depletes you and what you can do about it.

We will help you reset, re-energise and look forward to work again equipped with the tools to help you thrive.

PICK & MIX MENU

RECHARGE YOUR BATTERY

Running on empty? Imagine a life where you sleep better, eat well, exercise more and are relaxed and happy? We focus on the key pillars of health and wellbeing and will motivate and allow you to identify YOUR easy wins.

Leave with a personal plan to recharge your battery, re-energise, revitalise and reach your health and wellbeing goals to allow you to cope with all of life's challenges.

'Just say No!' - The art of saying NO

If only it were that easy. Do you find yourself saying yes to things you don't want to do? Find it awkward or difficult to say no to things? Do you sometimes feel overwhelmed or resentful due to how often you have said yes when really you wanted and needed to say no? This exciting session will teach you the magic formula to start saying 'Yes' to the person and 'No' to the task to enable you to say no much more easily and with confidence!

FIND THE BALANCE IN YOUR WORK - LIFE BALANCE

Is there more work than balance in your life?

Feel as if you are juggling far too many balls?

Undertake your own work-life balance analysis and discover practical and achievable steps towards achieving a work/life balance that works for you.

TIME MANAGEMENT

Leave this session with an understanding of effective time management solutions that work for you. Identify your time thieves, learn how a frog and a tomato can help and leave with tools to overcome procrastination!

PICK & MIX MENU

HAPPILY MINDFUL

Follow in the footsteps of major corporations such as Google, Apple. And Nike who have recognised the benefits of mindfulness in the workplace to increase productivity, engagement and staff wellbeing. Join us for an introduction to mindfulness and learn how this can benefit you and your team at work. Learn the science of mindfulness - does your brain really change? - and the evidence for improving work satisfaction, health and wellbeing.

WORKING FROM HOME

Discover strategies and solutions to make working from home enjoyable. Identify how to avoid isolation, stay productive and engaged and most importantly improve your health and wellbeing whilst homeworking.

GET IN TOUCH

info@thewellbeingGP.co.uk

helengarr@nhs.net

BE SOCIAL

@TheWellbeingGP





HelenGarr@nhs.net

@TheWellbeingGP

