

Name:

Date of Birth:

Streamside surgery menopause and HRT review

This form is to review your symptoms of menopause and ensure they are controlled, and that your medication is still safe and appropriate for you to take, and to help you make an informed choice.

Symptoms of menopause

Please indicate how problematic you find any symptoms on a scale of 1-10

	0	1	2	3	4	5	6	7	8	9	10
	As good as it could be								As bad as it could be		
Flushing (feeling hot warm and clammy)											
Vaginal Bleeding											
Irritability											

If you have **any vaginal bleeding, or you feel your symptoms are not sufficiently controlled**, please arrange a routine appointment in the next three weeks to discuss with a doctor.

Previous medical problems

We have all this on file, but to confirm for our records please indicate if you have any of the following

	Yes	No
Hysterectomy		
Angina / heart disease		
Stroke / TIA / mini stroke		
Diabetes		
Breast cancer		
Gynae cancer		
Blood clot (DVT or PE)		

If you have any history of breast or gynaecological cancer, or of blood clots, please arrange a routine appointment in the next three weeks to discuss with a doctor.

Medical details now. Each year we need an up to date

Weight _____ BP _____ Pulse _____
Mobile number _____ Can we text you if we need to about this form ____ Yes ____ No

Are you a smoker: Yes / No if you are a smoker we would advise you to stop with the help of our stop smoking nurse

Don't forget to keep up your smear and mammogram screening if you are still eligible!

You can read information about HRT at <https://www.nhs.uk/conditions/hormone-replacement-therapy-hrt/> and <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/gynaecology/pi-treatment-symptoms-menopause.pdf> and <https://www.womens-health-concern.org/help-and-advice/factsheets/> if you want any of these in printed or accessible form please let us know.

Please book a routine appointment with your named GP if you wish to discuss anything else about HRT not covered in this sheet or in the information resources.