

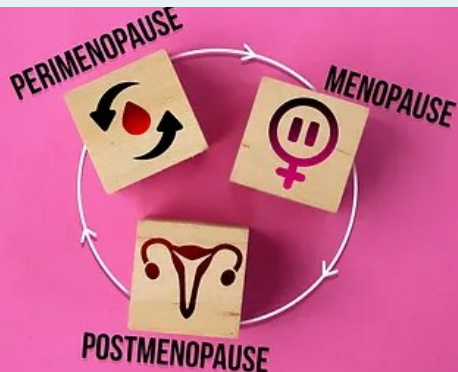
Lets Talk about menopause— supporting you through the change

Our Aims:

To offer an opportunity to learn about the menopause and ensure that you have access to the right advice in a supportive environment

To reduce wait times for women who are having symptoms related to menopause.

To enable you to share your own experiences & what works for you



Symptom Checker

Anxiety		Oral Health changes	
Low Mood		Thinning hair	
Depression		Dry Itchy skin (fomication)	
Crying Spells		Tinnitus	
Brain fog		Restless leg	
Loss of Confidence		Change to body odour	
Poor Concentration		Increased allergies	
Poor memory		Digestive issues	
Loss of Joy		Headaches	
Reduced Self Esteem		Pain/aching joints	
Irritability		Hot Flushes	
Palpitations		Night Sweats	
Difficulty Sleeping		Changes to Periods	
Tired/Lack Energy		Vaginal Symptoms	
Loss of Libido		Urinary Symptoms	
Dizzy/Faint		Breast Pain	
Dry Eyes /Ears		Burning Tongue	



Providing NHS services

Lets Talk about menopause— supporting you through the change

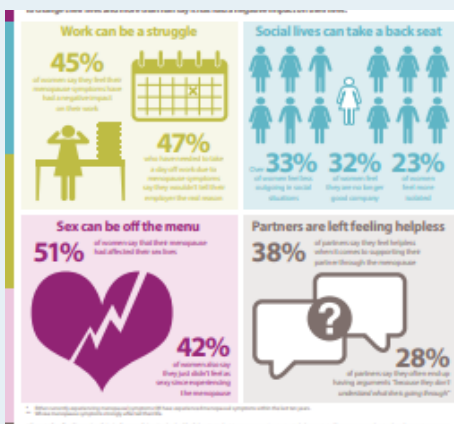
Getting advice early can help reduce the impact perimenopause and menopause have on your health, relationships and work.



Radbrook Green Surgery

Bank Farm Road,
Shrewsbury, Shropshire SY3 6DU
Phone: 01743 231817
E-mail: rgs.reception@nhs.net

- Menopause is when your periods stop due to lower hormone levels. It usually affects women between the ages of 45 and 55, but it can happen earlier.
- It affects anyone who has periods.
- Menopause can happen naturally, or for reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy, or a genetic reason. Sometimes the reason is unknown.
- Perimenopause is when you have symptoms of menopause but your periods have not stopped. Perimenopause ends and you reach menopause when you have not had a period for 12 months.
- Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flushes and irregular periods. These symptoms can start years before your periods stop and carry on afterwards.
- Menopause and perimenopause symptoms can have a big impact on your life, including relationships and work.



[BMS-Infographics-JANUARY-2023-](#)

Our facilitators

Dr Charlotte Hart

Dr Vicki Phillips

Marta Szalpuk—Senior HCA

What to expect from us

To start on time

To listen, care, & support you

Share information and advice

Provide you with a welcome pack

What we expect from you

To arrive on time

Relax & enjoy the session

To respect others' views

Confidentiality

Where, When & What ?

Venue: Radbrook Green Surgery

Time: 6.30pm to 7.30pm

Date: Mondays (Dates to be advised)

Agenda

- * Welcome , Arrival & Group Rules
- * Menopause what is it, signs & symptoms
- * Lifestyle
- * What works for you
- * Treatment options
- * Opportunity to check height, weight and blood pressure
- * What now?
- * Reflection/feedback & close