



Menopause Care - SOP

At Pershore Medical Practice, we practise according to the guidelines recommended by the British Menopause Society (BMS) for our menopause care.

The BMS produced a statement raising concern about the way menopause care was being managed by some private providers in March 2024. In particular they mentioned the safety concerns about higher than licensed doses of oestrogen - potentially leading to increased the risk of abnormal bleeding requiring investigation, endometrial hyperplasia and endometrial cancer.

Any prescriptions for HRT will be issued in keeping with the above guidelines.

The BMS also commented about the blood monitoring of hormones for those women on HRT: 'Routine testing of oestrogen levels is unnecessary and is associated with an unnecessary cost both to the NHS and patients in private clinics.'

There is no recommended systemic level of oestrogen in association with use of HRT and response to treatment with HRT should be based on symptom control. Checking serum oestradiol levels is influenced by many factors including the timing of the dose and type of assay and cannot be assumed to be indicative of levels over a 24-hour period.

Blood tests for routine monitoring of HRT at the practice will therefore not be accommodated.

The BMS and NICE advises that a trial of conventional HRT is given prior to any consideration to testosterone prescribing. There is lack of evidence currently for wider beneficial effects such as cognition, mood, energy or musculoskeletal health.

Testosterone may be beneficial for those patients with hypoactive sexual desire disorder, and therefore may be considered for those patients who meet the criteria for this.

The practice follows our local Obs and Gynae protocol for hypoactive sexual desire disorder.