

Alternative Therapies

International federation of Aromatherapy

www.ifparoma.org
Tel 01455 637987

Complementary Medical Association

www.the-cma.org.uk
Tel 0845 129 8434

Institution of Medical Herbalists

www.nimh.org.uk
Tel 01392 426022

Society of Homeopaths

www.trusthomeopathy.org
Tel 020 3640 5903

Association of Reflexologists

www.aor.org.uk

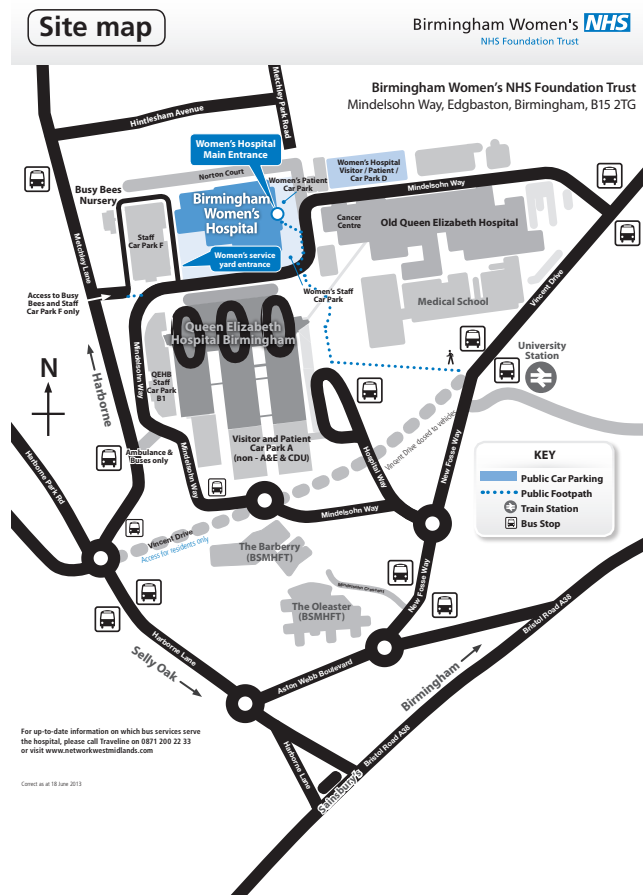
British acupuncture council

www.acupuncture.org.uk
Tel 020 8735 0400

Menopause Clinic information

Menopause Nurse Help line:

0121 626 4522



If you need more advice please contact:

Birmingham Women's NHS Foundation Trust

Mindelsohn Way, Edgbaston,
Birmingham B15 2TG

Telephone: 0121 472 1377

Author: Elaine Stephens
Ref: 0173 Date: 03/2016 Review: 03/2019

Birmingham Women's **NHS**
NHS Foundation Trust

Finding the Right Information

 local care:
global impact

This is a no smoking hospital

Hormone Replacement Therapy (HRT)

has been the subject of much discussion over the last few years.

If you are already taking HRT or have been thinking of using it you are probably aware of the ongoing debate and controversy on the safety of its use.

It is small wonder therefore that many women and some health professionals have been confused as to what to do. This has caused some women to stop or decide not to start HRT, and so many have continued suffering menopausal symptoms.

Alternative/complementary Therapies are a popular non HRT choice for many women, but you need to be aware that only limited research has been undertaken to support the effect and safety of their use.

One concern is the risk of interaction with any other therapies / medication you may be taking so it is important to always keep your Doctor informed.

Women have told us it is often difficult to find the information and facts they need about menopause and HRT use. Hopefully this leaflet will provide you the resource to get the answers to your questions.

The websites in this leaflet are for information purposes only. BWFT is not responsible for the contents.

Menopause and HRT

British Menopause Society
www.thebms.org.uk

International Menopause Society
www.imsociety.org

Menopause Matters
www.menopausematters.co.uk

Premature Menopause

The Daisy Chain
www.daisynetwork.org.uk

Hysterectomy

Hysterectomy Association
www.hysterectomy-association.org.uk

Endometriosis

Endometriosis Association
www.endo.org.uk
Tel 0808 808 2227

Women's Health

Women's Health Concern
www.womens-health-concern.org
Tel 01628 890 199

Osteoporosis

The National Osteoporosis Society
www.nos.org.uk
Tel 0808 800 0035

Counselling

British Association of Counselling
www.bacp.co.uk

Infertility

Infertility Network
www.infertilitynetworkuk.com
Tel 01424 732 361

Premenstrual Syndrome

PMS Society
www.pms.org.uk

Cancer Information

Cancer information
www.macmillian.org.uk

Breast Cancer

Breast cancer care
www.breastcancercare.org.uk

Heart Disease

British Heart Foundation
www.bhf.org.uk