

BMS
British
Menopause
Society

Management of the Menopause

Sixth edition

Timothy Hillard, Kathy Abernethy,
Haitham Hamoda, Imogen Shaw,
Marian Everett, Julie Ayres
and Heather Currie

Management of the Menopause

About the British Menopause Society



www.thebms.org.uk
Reg Charity No: 1015144
Company Reg No: 02759439

For healthcare professionals:

The British Menopause Society (BMS), established in 1989, provides education, information and guidance to healthcare professionals specialising in all aspects of post reproductive health.

This is achieved through an annual programme of lectures, conferences, meetings, exhibitions and our interactive website. We offer a range of publications including our quarterly journal *Post Reproductive Health* and the 6th edition (2017) of the definitive handbook *Management of the Menopause*.



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

For patients:

Women's Health Concern (WHC), the patient arm of the BMS, provides an independent service to advise, reassure and educate women of all ages about their health, wellbeing and lifestyle concerns.

WHC offers unbiased information – by telephone, email, printed fact sheets, online and through symposia, seminars, meetings and workshops, including *Living and loving well beyond 40...!*

Our Mission

- To increase awareness of post reproductive healthcare issues
- To promote optimal management through our educational programme, publications and information dissemination

The challenge of post reproductive health management is increasing. As most British women can expect to live for 30 years or more beyond menopause, the consequences for immediate and longer term healthcare and lifestyle are significant.

British Menopause Society membership is open to healthcare professionals and others specialising in post reproductive health.

Affiliations

The British Menopause Society is a specialist society affiliated to the Royal College of Obstetricians and Gynaecologists and the Faculty of Sexual and Reproductive Healthcare. Working together we have developed theoretical and practical training modules aimed at those healthcare professionals who regularly work in the field of women's health, including the 'Certificate in Menopause Care' and the 'Advanced Training Skill Module in Menopause'.



Management of the Menopause

Sixth edition

Timothy Hillard, Kathy Abernethy,
Haitham Hamoda, Imogen Shaw,
Marian Everett, Julie Ayres and
Heather Currie



www.thebms.org.uk
Reg Charity No. 1015144
Company Reg No: 02759439

First edition published 1994 by BMS Publications
Second edition published 1999 by BMS Publications
Third edition published 2002 by Aesculapius Medical Press
Fourth Edition published 2006 by RSM Press
Fifth edition published 2009 by RSM Press
This edition published 2017 by the British Menopause Society

© 2017 British Menopause Society

Designed and typeset in Goudy and Myriad by Saxon Graphics Ltd, Derby, UK.
saxongraphics.co.uk
Printed and bound in the United Kingdom by Latimer Trend & Co. Ltd,
Plymouth, UK. latimertrend.com

All rights reserved. No part of this book may be reprinted or reproduced or used in any form or by any electronic, mechanical or other means, now known or hereafter invented, including photocopying and recording, or in any information storage or retrieval system, without permission in writing from the publishers, or in the case of reprographic reproduction, in accordance with the terms of licences issued by the Copyright Licensing Agency in the UK, or in accordance with the terms of licenses issued by the appropriate reproduction rights organisation outside the UK. Enquiries concerning reproduction outside the terms stated here should be directed to the Chief Executive, British Menopause Society.

The rights of Kathy Abernethy, Julie Ayres, Heather Currie, Marian Everett, Haitham Hamoda, Timothy Hillard and Imogen Shaw to be identified as authors of this work have been asserted by them in accordance with the Copyright, Designs and Patents Act 1998.

British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library.

ISBN: 978-0-9957398-0-2

Publishing Manager and Editor: Jane Moody, Monmouth Editorial.
www.monmoutheditorial.co.uk
Proofreader: Judith Paskin
Indexer: Liza Furnival