

# About the authors

## **Kathy Abernethy MClSci RN**

Kathy Abernethy works as a senior nurse specialist as part of a multidisciplinary team at Northwick Park Hospital, Harrow. With a Masters in Community Gynaecology and Reproductive Women's Health and as a prescriber, her consultations are independent and holistic and she aims to inform women about menopause and enable women to make confident and appropriate therapy choices. She has authored two books for nurses on menopause and HRT and numerous articles and papers. Kathy is Director of 'the menopause course' an educational initiative for nurses ([www.themenopausecourse.com](http://www.themenopausecourse.com)), Chair of the UK Menopause Nurse Group and Chair Elect to the British Menopause Society, of which she is a founding member. She raises awareness of the impact of menopause at work by delivering workplace sessions to staff and managers of various organisations.

## **Julie Ayres MB ChB DFFP DFSRH**

Julie Ayres is a specialty doctor at Leeds Teaching Hospitals Trust (LTHT) where she has been working since 1993, after GP training, and leads the menopause and premenstrual syndrome (PMS) specialist services. She has been a member of the British Menopause Society for many years and has served as a Council member. Julie has been a key figure in the Yorkshire Menopause Group, which organises postgraduate education in women's health and menopause management, and has led on local guideline development in menopause and PMS, as well as lecturing widely and acting as local media spokesperson. She is actively involved in training and education through the BMS and LTHT.

## **Heather Currie MB BS, FRCOG, MRCGP**

Heather Currie is an associate specialist gynaecologist based in Dumfries, with special interests in menopause, premenstrual syndrome, and subfertility. She has run a specialist level menopause service in Dumfries and Galloway since 1993 and is a longstanding member of the British

Menopause Society. Heather has lectured nationally and internationally and has published many review and original articles in peer-reviewed journals. She is the author of the books *Menopause, Answers at your Fingertips* and *Menopause Essentials*. Heather has been chair of the British Menopause Society Medical Advisory Committee (2016–17) and co-editor of *Post Reproductive Health*, the journal of the British Menopause Society. In addition, Heather is the founder and managing director of Menopause Matters Ltd, which provides information and support for women through the website [www.menopausematters.co.uk](http://www.menopausematters.co.uk) and the quarterly magazine, *Menopause Matters*.

### **Marian Everett MB ChB FFSRH**

Marian Everett is a retired consultant in sexual and reproductive health. She has worked in sexual health and menopause for over 30 years. While working as the clinical lead in contraception in Leeds, she established one of the very first self-refer community based menopause clinics in the UK. Marian's career continued in Hull and East Yorkshire, where she was the menopause lead for 10 years, involved in teaching and training for both menopause and contraception. During this time she was involved in updating the log book for the joint BMS/Faculty Special Skills Module in Menopause and facilitated on many of the menopause theoretical courses. Although no longer involved in clinical work, Marian is a member of the British Menopause Society's Medical Advisory Council, a trustee and council member of the Faculty of Sexual and Reproductive Health and guardian of the joint BMS/Faculty Special Skills Module in Menopause.

### **Haitham Hamoda MD FRCOG**

Haitham Hamoda is a consultant gynaecologist and subspecialist in reproductive medicine and surgery. He was awarded a degree of Doctor of Medicine from the University of Aberdeen and obtained his accreditation as a subspecialist in reproductive medicine at Guy's and St Thomas' Hospital. He is the clinical lead for the menopause service at King's College Hospital, London. He is co-author of the British Menopause Society Guidelines 2016 on the management of the menopause and is a member of the Medical Advisory Council for the BMS. His areas of interest also include infertility and assisted reproduction and gynaecological endocrinology, including polycystic ovary syndrome. He has published widely in his specialised field and is actively involved in research projects both locally and nationally.

**Timothy Hillard DM FFSRH FRCOG**

(editor and lead author)

Timothy Hillard is a consultant obstetrician and gynaecologist at Poole Hospital NHS Foundation Trust, Dorset. He graduated from Southampton University and subsequently worked at King's College Hospital, London, where he developed his interest in menopause and completed his MD on transdermal hormone replacement therapy and osteoporosis. He runs one of the few specialist menopause clinics in the south of England outside London and also heads a busy urogynaecology department. He is a past chairman and current trustee of the British Menopause Society, he is on the board of the International Menopause Society and an associate editor of *Climacteric*. He is also the immediate past secretary of the British Urogynaecology Society and is a patron of the Daisy Network (a UK charity for women with premature ovarian insufficiency). He has lectured and published widely on various aspects of the menopause and urogynaecology.

**Imogen Shaw MA MB BChir DRCOG DFSRH PG Dip Gynaecology**

Imogen Shaw qualified at Cambridge University and Westminster Medical school and has been a GP in rural Essex for 26 years, with a particular focus on women's health and the menopause. Following a sabbatical working in gynaecology in Canada, she qualified with a postgraduate diploma in 2008. Since then she has set up and run two community gynaecology clinics. She was a member of the team responsible for writing the 2015 NICE guidelines on management of the menopause and is a member of the British Menopause Society.

# Foreword

This sixth edition of *Management of the Menopause* builds on the previous editions to provide a rapid update which includes the advances in our knowledge of the menopause and its treatment, as well as a description of what can only be described as 'best practice'. Although its content continues to expand, maintains its focus as a practical guide while covering the breadth of our knowledge now.

The book covers most important areas of the menopause, including much of the content of the National Institute of Health and Care Excellence Guideline *Menopause: Diagnosis and Management*, which was published in November 2015.

Starting with the physiology, symptoms and assessment of the woman, it continues with detailed sections on hormonal and non-hormonal treatments. It also emphasises the importance of lifestyle in helping women take control of their own lives. Premature ovarian insufficiency, which affects about 1% of the female population and has significant implications for both physical and psychological health, is covered, to emphasise the importance of its diagnosis and management. There are also chapters with advice about how the menopause and hormones affect benign and malignant diseases. The numbers of women surviving cancers of all types are increasing and it is important they get good specialist care.

The book is written under the auspices of the British Menopause Society, although its appeal is international. Many of the authors interact with others interested in the same field from around the world, making the content of the book universal. Authors are drawn from primary and secondary care, giving the book a wide focus.

*Management of the Menopause* provides comprehensive evidence-based guidance, which should improve the care of women in mid-life throughout the UK and beyond. Clinicians from all over the world will find the content relevant to their patients and they will be able to adapt their advice to local need. It will suit readers with all levels of experience, from the early trainee to the experienced specialist. For anyone involved in looking after women around the time of the menopause, the book will no doubt prove to be a relevant and readable guide, to be kept close at hand at all times.

Prof Mary Ann Lumsden OBE FRCOG BSc MD  
Professor of Gynaecology and Medical Education  
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Past Chairman of BMS and current President  
of the International Menopause Society

# Preface

Managing the menopause and the post-reproductive era is becoming an increasingly important part of women's health, which is relevant to a wide variety of health professionals. With the changing demographics of our societies around the world, there is a pressing need to minimise the impact that estrogen deficiency can have on a functioning social and economic workforce and on women's long-term health, in terms of the social and economic burden that this deficiency can create, in addition to their morbidity and mortality.

In this era of instant news and social media, the widely publicised results of large, randomised trials and observational studies have sometimes generated confusion and fear among women and many health professionals before there has been an adequate opportunity to scrutinise and question the validity and relevance of some of these results to the 'normal' postmenopausal woman. It is our job, both individually as health professionals and collectively as the British Menopause Society, to provide an informed, balanced and objective guide through all this wealth of information.

This sixth edition builds on the excellent fifth edition published by Margaret Rees and colleagues in 2009. This edition is produced post the NICE guidance on the diagnosis and management of the menopause, which was published in November 2015. This landmark publication has done much to consolidate our current views on the management of the menopause and is rightly referenced regularly throughout the book.

The book provides an integrated approach to post-reproductive health and is divided into four sections: the menopause and its implications for postmenopausal health; assessment, investigations and screening, with a chapter devoted to sexual health; general management strategies and, finally, women with specific clinical problems, such as premature ovarian insufficiency, existing comorbidities and those at an increased risk of cancer. The management strategies section has two chapters devoted to estrogen-based treatments and two on non-estrogen-based treatments, including sections on diet and lifestyle and alternative and complementary therapies. These two strategies are not mutually exclusive and emphasise the need to individualise any management strategy and to

encourage women to be fully informed and take ownership of their own health and its long-term management.

Such a book could not be produced without a huge amount of work and dedication from a number of people. Firstly, I want to thank my co-authors for their tireless work and enthusiasm. My co-authors work in a wide range of health professional arenas, from primary care to sexual health services, to district hospitals and tertiary clinics, and they have all brought their own expertise, enthusiasm and experience to this book reflecting the multidisciplinary nature of post-reproductive health management. Secondly, I want to thank the BMS Medical Advisory Council for their support and encouragement and, in particular, Nick Panay, Eddie Morris, John Stevenson and Jo Marsden, who have provided expert advice and comment on some sections of the book. Thirdly, I want to thank Sara Moger and the BMS and Women's Health Concern teams for their unwavering support throughout this project, and lastly, I would like to thank Jane Moody for her publishing expertise and professionalism in bringing this book together.

Previous editions have been popular with members and have formed the template for menopause training modules for health professionals, as well as being cited by other international organisations, such as the Council of Affiliated Menopause Societies. We hope this edition will continue this good work and be a useful resource for menopause training and education across the healthcare sector.

Timothy Hillard  
Editor and lead author