



Lancashire Gynaecologist

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Menopause now part
of NHS Health Checks

Menopause now part of NHS Health Checks: What it means for women

In a move aimed at improving awareness and support for menopause, England's NHS health checks that are currently carried out every 5 years for women between the ages of 40 and 74 will, for the first time, include questions about menopause. Ministers say the change could help up to 5 million women manage symptoms with better access to guidance and treatments.

Current health checks focus on identifying risks for heart and kidney disease, type 2 diabetes, dementia, and stroke. The addition of menopause questions signals a recognition that menopause can significantly impact overall health and quality of life.

Research states that menopause affects most women at some point, with three-quarters experiencing symptoms such as hot flushes, night sweats, mood changes and sleep problems and around a quarter report these symptoms as severe.

Hormone Replacement Therapy (HRT) is guidance-supported as a first-line treatment to relieve symptoms and support bone and muscle health, though uptake varies across the UK.



What's changing and why it matters

The menopause section of the 5-year health check will be woven into the standard health assessment process, aiming to normalise conversations about menopause and ensure women aren't left to navigate symptoms alone. Current Health Secretary, Wes Streeting emphasised that no one should "grit their teeth" through debilitating symptoms without support. The initiative seeks to provide visibility, education, and practical options, including evidence-based treatments.

What this could mean for you:

- More proactive discussion about menopause with your GP or practice nurse.
- Opportunities to obtain information on HRT, non-hormonal options, and lifestyle strategies that can ease symptoms.
- A pathway to addressing associated health risks, such as bone health and cardiovascular risk, with tailored guidance.



Voices from the field – expert and campaign perspectives

Dr Sue Mann, NHS England's national clinical director for women's health, notes that tailoring checks to include menopause questions can help women access the support they need to manage symptoms. Proponents emphasise reducing stigma around menopause and combating "one-size-fits-all" approaches to care.

There's also call for targeted outreach to ensure women from diverse ethnic backgrounds and economically disadvantaged areas can access health checks and menopause training for healthcare staff.

Critically, experts also highlight that improving access to checks remains essential. Ensuring that appointments are easy to book, and that communities understand why these checks matter, will determine how effective the change is in practice.

What women should be asking doctors about?

Preparing thoughtful questions, prior to your health can help you make the most of your appointment and any menopausal discussion.

Use these prompts to guide your conversation with your GP or nurse:

Menopause and Symptoms

- Are my symptoms menopausal, and what could be contributing to them besides menopause?
- How long do menopause symptoms typically last, and what are the most effective treatments?
- Are there non-hormonal options that might suit my health profile and preferences?

Treatments and Options

- If I'm interested in HRT, what type is best for me and what are the risks and benefits?
- How will my age, medical history, or family history affect my treatment choices?
- Are there alternatives to HRT (e.g. non-hormonal medications, lifestyle changes, supplements)?

Health Risks and Monitoring

- How does menopause affect my risk of osteoporosis, heart disease, or diabetes and how will this be monitored?
- Should I have bone density tests or cardiovascular risk assessments as part of my care plan?
- What signs should prompt me to seek urgent care?

Lifestyle and Wellbeing

- What lifestyle changes can help alleviate symptoms (sleep, exercise, diet, stress management)?
- Are there programmes or resources for sleep, mood support, or hot-flush management available?
- Can you refer me to support groups or specialist services if I need more help?

Practicalities and Access

- How can I access consistent menopause information and ongoing care?
- If I'm from a community with limited access to healthcare, what help is available to get an NHS health check?
- Are there costs or prescription considerations I should be aware of?

Personalised Plan

- Based on my health, what is a realistic plan for the next 6-12 months?
- How will we review and adjust the plan if symptoms change or if treatments aren't effective?



Tips for getting the most from your appointment

- Bring a symptom diary: note frequency, severity, triggers, and impact on daily life.
- List current medications and supplements.
- Prepare a concise set of questions (3-5 top concerns) to ensure you cover what matters most.
- If language, cultural, or accessibility barriers exist, ask for interpreter or nurse/advocate support.

There are many stages of menopause and it's not always easy to know where you are on your journey. Our questionnaire is designed to help you gain clarity. Why not complete it today to discover your position in the menopause journey and take steps toward your wellbeing: [Perimenopause Form - Lancashire Gynaecologist](#)

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The Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment. The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman. So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



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