

Western House Medical Centre **Menopause Clinic**

Menopause is inevitable, suffering through it is not.



The menopause is a life event that affects over half the population. It can be debilitating for some women; it doesn't have to be.

Our doctors have specialist training in the provision of the full range healthcare to women. This includes a comprehensive holistic approach to menopause diagnosis and management which is provided in our specialist Menopause Clinic.



Dr Maria Kelly

A senior partner at Western House medical Centre and the clinical lead doctor in our Menopause Clinic, she has a passionate interest in all aspects of women's health and menopause in particular.

She is a member of the British Menopause Society and through continuous study keeps up to date with the latest evidence-based advice in menopause care. She provides medical training for nurses and doctors within Western House Medical Centre.

Every woman's menopause experience is different and how you manage it can change as you go through it; we are here to assist you with this.

During the perimenopause and menopause years your body is changing. At our specialist Menopause Clinic, we perform a full health assessment to confirm diagnosis and formulate a treatment plan that best suits your needs at that time.

Cardiovascular health, bone health, pelvic floor and urogenital dysfunction can all become issues. We screen for these potential problems as part of the overall assessment and advise appropriate action.



The full health assessment consists of two visits:

Visit No.1 (approx. 45 minute)

We will perform an initial full health check tailored to women in perimenopause or menopause, so that your follow up appointment is fully informed.

You will complete a tailored questionnaire to assess the following:

- Gynaecological history including periods.
- Cervical smear history.
- Pelvic floor dysfunction.
- Risk factors for heart disease, osteoporosis and diabetes.
- Lifestyle assessment.
- Family history.
- Symptom impact assessment.

We will review your contraceptive requirements. You may still require contraception in the perimenopause.

A physical examination will also be performed. ECG and blood pressure check - this allows us to assess cardiovascular health. If you are on blood pressure medication or your blood pressure is raised, we recommend a 24-hour blood pressure monitor.

- BMI - Body mass index.
- Blood Tests - to assess overall health and well being
- FBC - checks for anaemia.
- Renal and liver functions - to pick up signs of kidney or liver disease.
- Cholesterol, blood glucose, HBA1_C - Screens for hyperlipidaemia, Diabetes, prediabetes.
- Thyroid function.
- Vitamin D – assess bone health.
- Vitamin B12, folic acid and ferritin levels - Low levels can impact significantly on wellbeing.
- Oestradiol, Testosterone and SHBG*
- Urine dipstick and if necessary, lab analysis - to assess kidney health.

*Hormone Blood tests are not necessary to diagnose menopause in most women however they can have a role in managing and tailoring treatment. These levels are useful in planning and changing treatment.

Visit No.2

Investigation results will be outlined and treatment options tailored to your areas of concern. What to expect from medication, potential side effects, long term risks and benefits will also be discussed with you. All the results of your investigations will be explained, and advice or treatment given on any issues arising from these.

A review appointment will be planned at 3 months to ensure that your treatment is working well for you. An annual review of your treatment is required to assess your response and alter any medication if required. You can prepare for your appointment by reading about menopause on:

www.womens-health-concern.org
www.menopausematters.co.uk
www.menopausedoctor.co.uk

Please refer to
www.westernhousemedicalcentre.ie
for details of the service and fees.

To book appointment email
menopause@westwell.ie
or call us on 052 61 25313

Eircode: E91V6W9

This consultation is not presently covered by your medical card, but a reduced fee will apply.