

Menopause Support Newsletter

Oldham North Primary Care Network

Supporting You Through Menopause

Thank you to everyone who attended our recent menopause sessions. We are committed to supporting women through every stage of menopause with evidence-based, personalised care.

Understanding HRT

- Reduces hot flushes and night sweats
- Improves sleep and mood
- Protects bone health
- Supports heart health when started before 60
- No fixed time limit – annual review recommended

How & When to Take HRT

- Gel or tablets – Morning
- Spray – Morning (allow to dry)
- Progesterone – Night-time
- Separate from H2 blockers by 2 hours
- Patches twice weekly and must stick properly

Common Symptoms Explained

- Night sweats – caused by falling oestrogen affecting temperature regulation
- Weight changes – metabolism slows and muscle mass reduces
- Urinary symptoms – vaginal oestrogen may help dryness and recurrent infections

Looking After Your Long-Term Health

Bone & Heart Health

- Oestrogen protects bone density
- May reduce cardiovascular risk
- Strength training is highly recommended
- Vitamin D and Calcium support bone health

Lifestyle Matters

- Prioritise protein
- Reduce refined carbohydrates
- Resistance or weight training
- Maintain a healthy weight

Special Situations

- Migraines – transdermal HRT preferred
- History of DVT – patch/gel may be suitable after assessment
- Family history of breast cancer – individual risk assessment required
- Endometriosis or hysterectomy – discuss personalised treatment options
- Over 60 – treatment based on individual assessment

If you are experiencing symptoms or would like a review of your treatment, please contact the practice to arrange an appointment. We are here to support you.