

You asked:

I am trying to establish what provisions there are within each Health Board area for women who are going through or about to go through menopause please. The aim is to get a clear picture of what NHS services are available for women across the country.

1. Are you, as the local Health Board, responsible for commissioning all services related to diagnosis and treatment of menopause in your area? If not, then can you please provide details of who does commission menopause services in your area?

Yes, the University Health Board is responsible for commissioning all services related to diagnosis and treatment of menopause in the area.

2. What services for diagnosis and treatment of menopause are available in your area? This could include specialist menopause primary health care providers within GP surgeries or in local hospitals or in specialist clinics.

There are weekly menopause clinics across the Merthyr Cynon and Rhondda Taff Ely areas. Within the Bridgend Locality the Menopause service is incorporated as part of the general gynaecology service.

Clinics take new Menopause referrals from Primary and Secondary care as well as direct referrals from Occupational Health. The OH referral pathway is a recent addition to the service.

The menopause service is currently backed by the diagnostic Ultrasound services available and the hysteroscopy service.

We are able to offer individualised HRT management, to include implants both oestrogen and testosterone and IUS (Mirena).

3. Is there a waiting list for specialist menopause services in your area and if so, roughly how long for?

During the COVID situation we have been running telephone clinics so our follow up Consultation time should show no lag, however we have been unable to see new referrals, which will have a consequence.

Up to March of this year we were meeting our follow up target dates (Routine follow up 6 months, new patient follow up 3 months)

There is currently a new patient waiting list of approximately up to 36 weeks.

4. Have any services related to diagnosis and treatment of menopause been closed in your area? If yes, can you provide details of what that service was and when it closed please?

There have been no changes the service provision across the UHB.

5. Does the Health Board have plans to open any new menopause services? If yes please provide details.

No new services planned currently.

6. What is the first line of treatment recommended by the Health Board for women with peri and menopause symptoms? i.e. what is directed on the Formulary?

As below.

7. What is the second line of treatment recommended by the Health Board for women with peri and menopause symptoms? i.e what is directed on the Formulary?

We follow the evidence based guidelines of the British Menopause Society.:

- First line treatment
- Post menopause
- Combined therapy Evorel Conti patches twice weekly
- OR
- Oestrogen patch/gel plus the Mirena IUS

- Single therapy (hysterectomy) Evorel, Estradot, Estraderm (dependent on local supply) twice weekly
- Or gels such as Estrogel pump (0.75mg) sandrena (1mg)

Peri Menopause:

Combined therapy Evorel Sequi patches (major problems with supply leading to patients having to have more individualised treatment, or second line treatment)

Second line treatment:

Post Menopause

Combined therapy Oral HRT Femoston Conti

Or Oestrogen patch/gel plus Utrogestan (micronised progesterone)

Peri Menopause Oral HRT Femoston

Or Oestrogen patch/gel plus Utrogestan