

Delayed diagnosis and treatment of menopause is wasting NHS appointments and resources

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Introduction:

Many women are experiencing delays in getting their perimenopause or menopause diagnosed. They are often struggling to receive treatment to improve their symptoms and future health. Perimenopausal and menopausal symptoms can negatively impact a woman's wellbeing and quality of life.

Aim:

To understand women's experiences of receiving menopause advice, diagnosis and management across the UK.

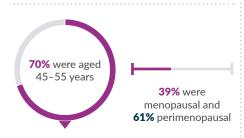
Methods:

Online questionnaire posted on various social media sites. All replies were anonymised and pooled for analysis.

Results:

Sample size = **5187 responses**

Who were they?





96% reported experiencing menopausal symptoms



74% had experienced symptoms for more than one year 15% for more than six years

Scale of the problem:

0,0,0,0,0,0,0,0,0,0,0

79% had visited their GP about their symptoms

7% attended more than **10x** before receiving adequate help or advice

10x



Only 37% were given HRT

23% were given antidepressants

44% of women who eventually received treatment had to wait for a year or more

12% had waited more than 5 years

Unnecessary resources:



27% of women had seen more than 3 doctors

in hospital about their menopausal symptoms

99%

of these had hospital had investigations; hosp

8%

had more than **6 hospital investigations**

Impact on women at work:



69% took time off work to attend hospital appointments,

76% of these women had to take at least two days off work.

Conclusions:

Women are experiencing delays in having a diagnosis of their perimenopause or menopause.

There are also delays in receiving the right treatment.

Many women end up seeing different doctors in primary and secondary care, and often have to go through unnecessary investigations.

This is wasting valuable NHS money and unnecessarily impacts on women's lives.

Improved education about menopause for healthcare professionals is a high priority – this would lead to quicker diagnosis and treatment and more efficient use of resources.

Many women who would benefit from taking HRT are still being denied it.