



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

**Authors:** Dr Louise Newson, BSc(Hons) MBChB(Hons) MRCP FRCGP, Menopause Specialist, Newson Health  
Dr Rebecca Lewis, MBBS FRCA MRCGP DRCOG, Menopause Specialist, Newson Health

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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.

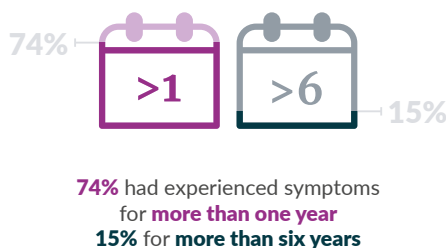
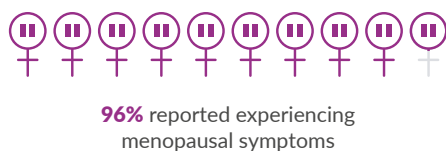
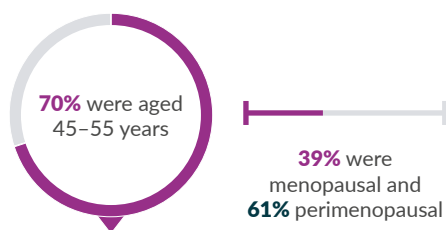
### Methods:

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

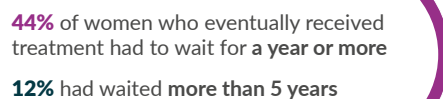
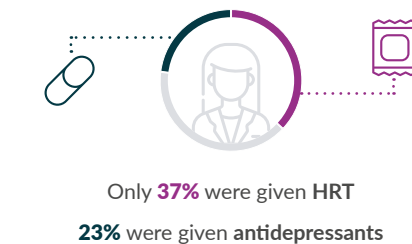
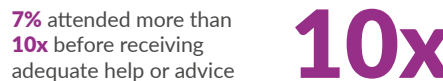
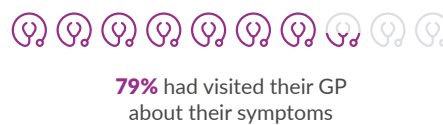
## Results:

Sample size = **5187 responses**

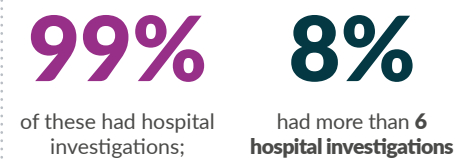
### Who were they?



## Scale of the problem:



## Unnecessary resources:



## Impact on women at 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.