

# **Welcome to your Menopause Virtual Engagement Event**

*Please place your microphones on MUTE and turn your camera ON if you can*

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# Welcome to your Menopause Virtual Engagement Event

Your **Facilitator** this evening is

*Siobhan Buck*

Social Prescriber, HealthWest

Your **Clinicians** are

*Dr Ayo Olomolaiye and Dr Nicola McGuinness*

GPs, The Family Practice

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# Flow of this session



**Introductions and Set Up**



**Virtual Group Consultations**



**Presentation**



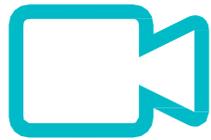
**Your Questions**



**Next Steps**

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# What can you do this evening?



Camera: on/off



Mic: mute



Chat box



Respect confidentiality



Leave the session

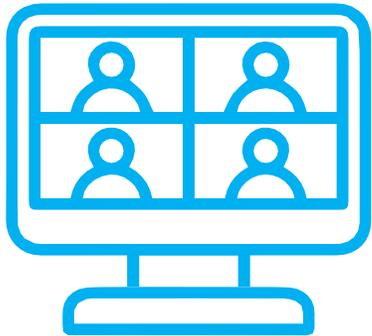


Be curious

**This session is being recorded for training and information purposes**

# Group Consultations

This evening's event provides **general information** and answers general questions.



Group Consultations offer more **personalised support** – like a normal consultation, but:

- 1½ hours in a group of about 10
- Each person has their consultation with the doctor, and listens to others' consultations
- Learning about how others manage menopause symptoms
- Sharing of personal information in the group

You can register for a Group Consultation on:

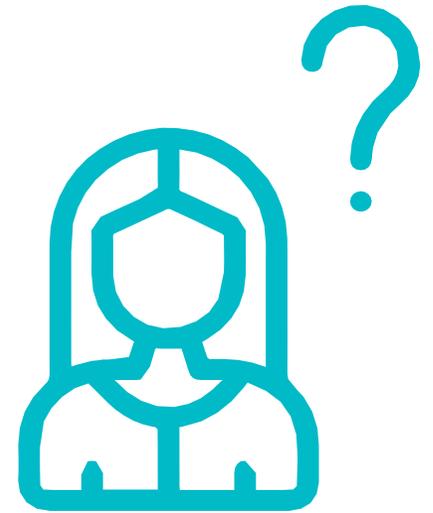
**THE FAMILY PRACTICE**

- **DATE : 17<sup>th</sup> DECEMBER 2025**
- Registration link in email after this evening's event.

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# But first ...

Can you tell us on a scale of 1-10 how **confident** you are right now in managing your Menopause /Perimenopause?



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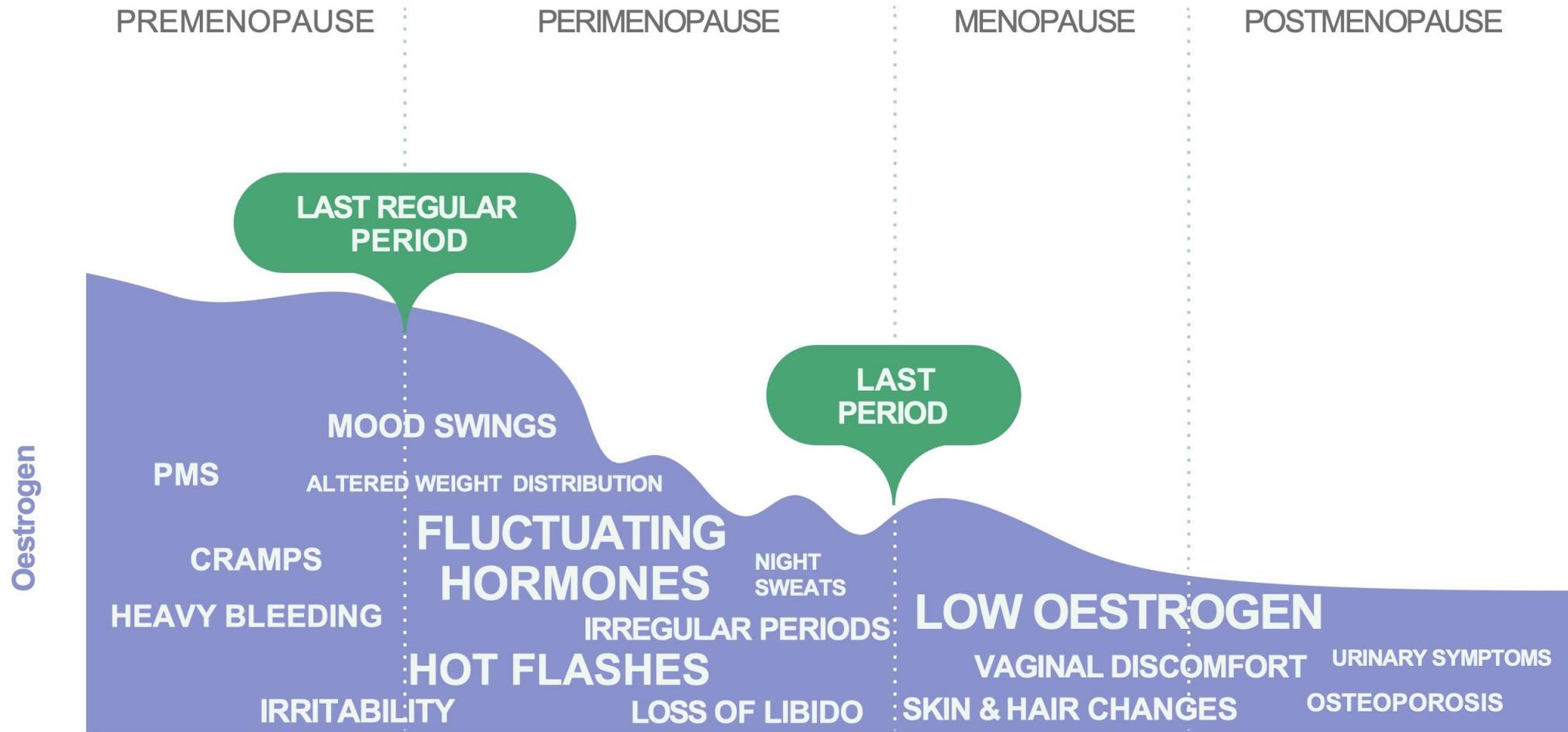
# What do you want to know about the Menopause?



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# Welcome Dr Ayo Olomolaiye

# What is the Menopause?



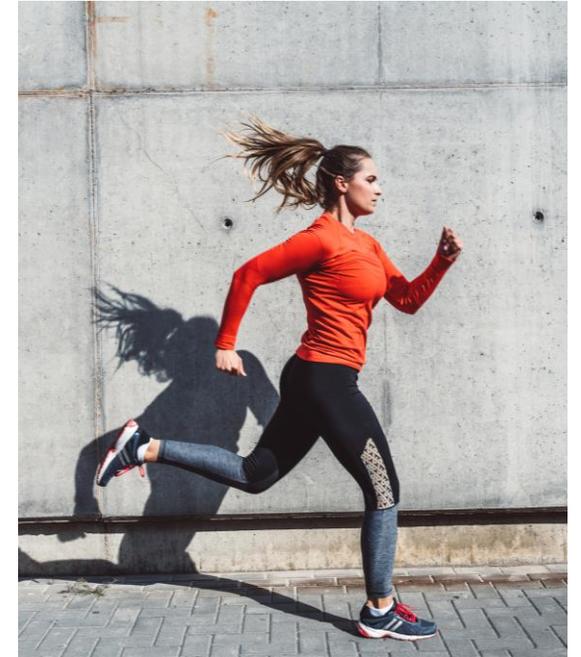
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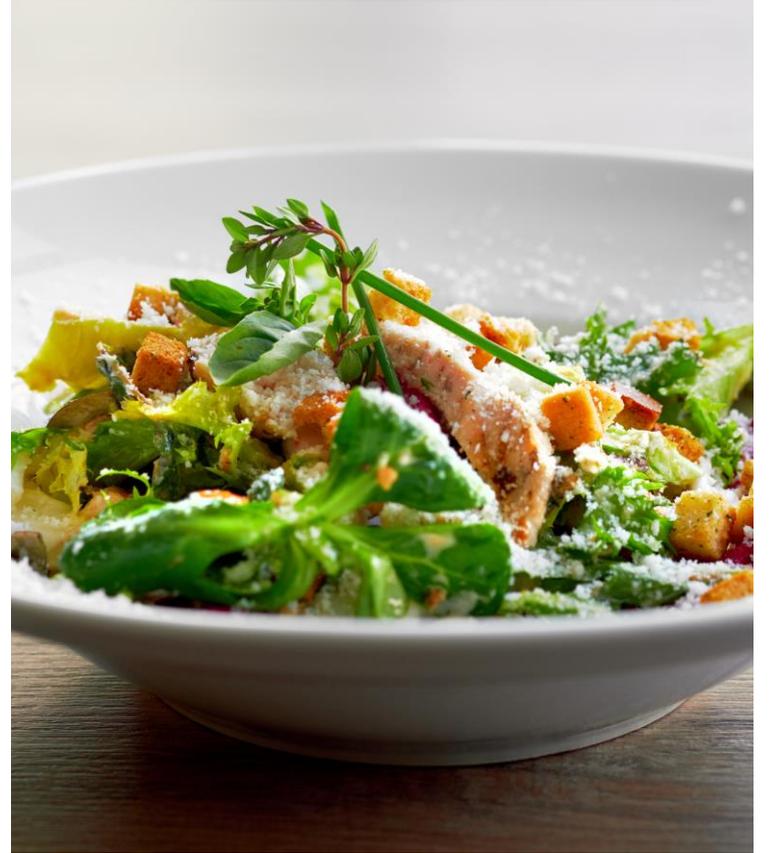
# How do we diagnose the menopause?

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# Ways to manage the Menopause

# Exercise





# Diet

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# Alcohol, smoking and caffeine



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# Sleep

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# Cognitive Based Therapy



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# Supplements

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# Hormone Replacement Therapy (HRT)

## Oestrogen is

The hormone that's replaced  
Taken through the skin or orally



## Progesterone is

Protective of the womb  
Taken through the skin, orally or vaginally



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# Vaginal symptoms



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# What about testosterone?

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**Are there any  
risks of HRT?**

# Breast Cancer Risk

23 cases of breast cancer per 1,000 women aged 50-59 in UK over 5 years



4 more in women on combined HRT



4 fewer in women on oestrogen only HRT



4 more in women on combined hormonal contraception



5 more in women who drink 2 or more units of alcohol per day



3 more in current smokers



24 more in women who are overweight or obese



7 fewer in women who do 2.5hrs exercise per week



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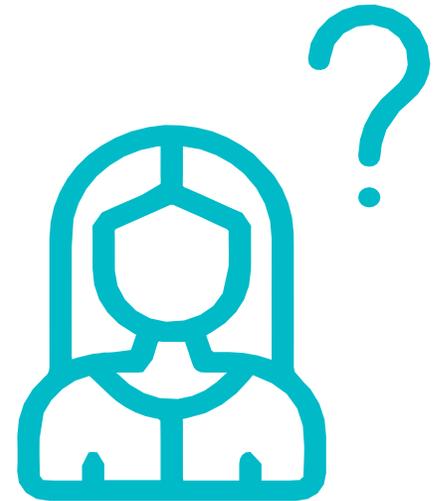
**Your Turn....**



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## And now ...

Can you tell us on a scale of 1-10 how **confident** you feel now in managing your Menopause /Perimenopause?



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# Useful Local Resources

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- **The Bristol Menopause Toolkit**

*A local guide to navigating perimenopause and menopause in Bristol, created by local healthcare professionals*

- **MPower**

*A local monthly group to discuss all things menopause, usually meeting on the first Thursday of each month at The Greenway Centre in Southmead*

- **Rock My Menopause**

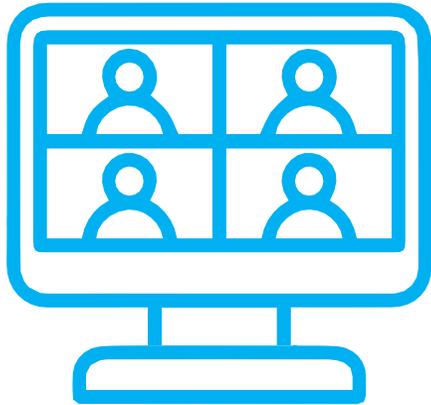
Resources and tools to manage perimenopause and menopause, including a symptom tracker.

- **Queer Menopause**

*Inclusive menopause resources*

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# Next Steps and Thank You



This evening's event provided **general information**

Group Consultations offer more **personalised support:**

- 1½ hours in a group of about 10
- Each person has consultation with a doctor, and listens to others' consultations

**Register with Eventbrite link in follow-up email for:**

**Menopause Virtual Group Consultation**

**The FAMILY PRACTICE**

- **DATE: 17<sup>TH</sup> DECEMBER 2025**

**Tell us what you thought**