

Patient Information – The Menopause

Introduction

This information is for you if you are considering treatment for symptoms of the menopause. It may also be helpful if you are a relative or friend of someone who wishes to have treatment for the symptoms of the menopause.

Key points

- The menopause is when you stop having your periods.
- If menopause happens before the age of 40 years, it is called premature menopause or premature ovarian insufficiency.
- Treatment options for the symptoms of the menopause include lifestyle changes, hormone replacement therapy (HRT) and alternative therapies.
- If you wish to consider treatment, your healthcare professional should discuss the benefits and risks of all the available options.

For more information visit the Royal College of Obstetricians & Gynaecologists' (RCOG) website:

<https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/gynaecology/pi-treatment-symptoms-menopause.pdf>

or click [here](#)

