Talking to your GP

We always recommend you go to your GP if you're experiencing menopausal symptoms.

They can discuss options with you, including hormone replacement therapy (HRT), and advise on any lifestyle changes which could help. They should also be able to advise you on complementary treatments, including herbal remedies.

A little preparation will help you get the best from your appointment.

You could also record your symptoms and detail your menstrual cycle history. GPs use the NICE guidelines to help women manage their menopause - it’s a good idea to read through these too.

Research the facts on up-to-date, trusted websites, and think about ways you would like to manage not just your menopause symptoms but your long-term health.