

Freedom of Information Request	FOI 21-025	1 st March 2021
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I am trying to establish what provisions there are within each UHB area for women who are going through or about to go through menopause please. The aim is to get a clear picture of what NHS services are available for women across the country.

It's a complicated picture because some menopause services are provided by GP surgeries whilst some are provided by hospitals or alternatively there are also specialist NHS menopause clinics in some areas. And of course there may be other services, although I'm not sure in what format yet.

With that in mind please feel free to come back to me with suggestions on how I can best access the required information if my questions below are unclear or insufficient.

1. Are you, as the local UHB, responsible for commissioning all services related to diagnosis and treatment of menopause in your area? If not, then can you please provide details of who does commission menopause services in your area?

The way in which NHS services are provided in Wales is different to that in England. The Health Board alongside its primary care partners is responsible for providing services to its local population based on health need.

2. What services for diagnosis and treatment of menopause are available in your area? This could include specialist menopause primary health care providers within GP surgeries or in local hospitals or in specialist clinics.

The majority of women will be seen in primary care for initial diagnosis and continued treatment of menopause. Complex cases may be referred to the Health Board and the patients will be seen at its specialist clinic.

3. Is there a waiting list for specialist menopause services in your area and if so, roughly how long for?

At present the current wait is 4 months to be reviewed at the Health Boards specialist menopause clinic.

4. Have any services related to diagnosis and treatment of menopause been closed in your area? If yes, can you provide details of what that service was and when it closed please?

No services have closed in the area.

5. Does the UHB have plans to open any new menopause services? If yes please provide details.

The Health Board is currently developing a cognitive behavioural therapy service for patients with menopause symptoms.

6. What is the first line of treatment recommended by the UHB for women with peri and menopause symptoms? i.e. what is directed on the Formulary?

The Health Board follows NICE guidelines which recommends that the first line treatment is the use of HRT dependent on medical history, risk assessment and individual preference.

7. What is the second line of treatment recommended by the UHB for women with peri and menopause symptoms? i.e. what is directed on the Formulary?

The Health Board specialist clinic offers alternatives to HRT based on the British Menopause Society's guidance for non-prescribable alternatives.