

Why do many women consult with you about their menopause?

A valid question! I'm going to let one of my patients answer that

"The HRT together with my lifestyle changes has been utterly life changing! I no longer suffer from fatigue, aching bones, I am sleeping better (sex too!) my moods are regulated, I have more energy and I feel like I'm 18 again!! I feel more focused, my hair glossy and my skin radiant! I could go on but what I really wanted to say is - Thank you so much for everything you have done and for giving me the reassurance that I would feel better - which i do!

How do you make sure you are keeping up with the latest advice?

This is intrinsic to me being part of the teaching team at the Specialist Menopause Clinic in Guy's Hospital and a British Menopause Society trainer. In terms of qualification, I hold an Advanced Certificate in Menopause Care

How long is a consultation with you?

Our initial meeting last for 45 minutes and the follow up lasts 30 mins

How do I book a consultation with you?

The most direct way is to phone the clinic on 020 7935 3351. You will then be sent a registration form and a symptom score questionnaire to complete.

I prefer a face-to-face consultation – is this possible?

Absolutely, this is my preferred method too. However, if you are not able to come in and see me I also offer remote appointments via video

Can I refer myself or do I need a GP letter?

Yes, you can refer yourself, but we like to have your GP details so that we can let them know what has been prescribed

Can I still see you if I am having periods?

Are you experiencing perimenopausal symptoms which are having a negative effect on your life? Things like anxiety, panic attacks, heart palpitations, poor concentration or memory lapses. If so, a low dose of hormone treatment could help, and I would encourage you to get in touch

I live abroad, can I still consult with you?

Sorry, we can only see patients if they are in the UK, the Channel Islands or the Isle of Man. This applies whether the consultation is face to face or remote. This is also the case if you were in this area at the time of your initial appointment and then moved abroad.

Will my medical insurance cover the cost of my consultation?

No, unfortunately it won't

Do you prescribe bioidentical HRT?

There's a bit of unhelpful confusion over this term. To help, I explain what I prescribe [in this blog post](#)

How long does it typically take for HRT to work?

We usually have a review meeting with you when 3 months have elapsed

Are there any side effects that I may experience?

Some women do feel bloated or have breast tenderness or have irregular (even sometimes heavy) bleeding. This usually settles down after a few months. If any of these symptoms worsen or others develop you should contact myself or your GP

What about the increased risk of breast cancer?

This is minimal and likely to affect only those who carry the breast cancer gene. The most recent research shows that for most women HRT helps to manage what can be extremely debilitating symptoms and is safe. Unfortunately, the media do not always give a context to their headlines. [I talk about this here](#)

Do you prescribe testosterone?

Some women experience a diminished desire for sex and find that it is less pleasurable than it once was. They may also struggle with depression, cognitive problems and less energy. For these reasons and other health reasons I do prescribe testosterone [and explain more about this here](#)

How do I get any prescribed medications?

These are posted direct to you by our pharmaceutical partner

Can you help if I need a Mirena coil or a DEXA scan?

In both cases we can refer you to have this done privately in London

Where can I find out more on the subject of menopause?

I share regular blog posts on my website. [You can find these here](#) You may also want to sign up to my monthly newsletter – the button is at the top right of the website.

What are the costs involved in consulting with you?

The initial appointment; written summary of our meeting; a recap of the risk and benefits; a letter to your GP and a month 1 follow up costs £400 (Please be advised we can increase fees without notice) Each prescribed item costs £14 per month

The 3-month review costs £205 and blood tests for testosterone (if required) cost £80

If you are put on testosterone you will need further tests at 3 months, 6 months and 12 months. This will cost £205 for each appointment and £80 for each blood test.

I hope this has been helpful but please don't hesitate to get in touch should you require further information