



Menopause and Perimenopause Health Assessment

Your doctor offers a health assessment for menopause and perimenopause once every 12 months for eligible patients. It is designed to provide a comprehensive review of symptoms and overall health, including physical exams, a review of your history, and initiating investigations like cervical screening, mammography, or bone density scans as needed. This service helps identify symptoms like hot flushes and mood changes, addresses long-term health risks like osteoporosis and heart disease, and allows for the discussion of treatment and management options.

What to expect during the assessment

- **Patient history:** Your doctor/nurse will take a history to determine your menopausal status and discuss how symptoms are affecting your well-being.
- **Basic physical examination:** This includes recording blood pressure and reviewing height and weight.
- **Investigations and referrals:** Your doctor will make sure you are up to date with general health, blood tests, referrals for screenings such as cervical screening, mammography, and bone densitometry if clinically indicated.
- **Personalised plan:** The assessment concludes with a discussion about treatment and management options, both medical and lifestyle-based, to create a personalized plan for your long-term health.