

## **RCOG and BMS response to NICE Clinical Guideline on the diagnosis and management of the menopause**

**Under strict embargo until 00.01hrs Thursday 12 November, 2015**

**Dr David Richmond, President of the Royal College of Obstetricians and Gynaecologists (RCOG), said:**

“This guideline is a milestone for both healthcare professionals and women and will help ensure that the best possible care is provided in the diagnosis and treatment of menopause, a biological stage that every woman experiences to some extent in their lives.

“For some women, menopausal symptoms can be extremely debilitating and dramatically impact upon their quality of life. Compiled by the leading experts in the field and a comprehensive review of all of the existing evidence, we hope that this guideline will not only support healthcare professionals but also provide women with the necessary information to empower them to make informed decisions about their choice of treatment.”

**Cath Broderick, Chair of the RCOG Women’s Network, said:**

“We know that many women suffer from menopausal symptoms in silence – this should never be the case. Women should have access to clear guidance and information about the menopause and how best to manage symptoms. This guideline is the first step in improving the care and services available to women, as well as encouraging them to talk openly to healthcare professionals, their employers, friends and families about the menopause.

“We must also remember the impact the menopause can have on a woman’s partner and their relationship. Information and support for them is also key.”

**Dr Heather Currie, Chair of the British Menopause Society, said:**

“We welcome the publication of this long awaited NICE guideline on the diagnosis and management of the menopause. The menopause affects all women and can have significant consequences both on impact of symptoms and later health problems. Despite this, many women are unaware of the effects and are confused about benefits and risks of treatment options.

“Our hope is that the guideline will play an important role in raising awareness of all menopausal symptoms, will encourage women to consider lifestyle changes to improve later health, and will clarify uncertainty around both prescribed and non-prescribed treatment options. Ultimately, we want both women and healthcare professionals to be empowered to make informed choices about menopause management and for much needed further research to ensue.”

**Ends**

If you would like to arrange an interview with a spokesperson from the RCOG or the British Menopause Society (BMS), please contact the RCOG press office on 020 7772 6444/6357 or email [pressoffice@rcog.org.uk](mailto:pressoffice@rcog.org.uk).

The RCOG has case studies available for interview, please contact us for further information.

For social media updates, follow #TalkMenopause or [@RCObsGyn](https://twitter.com/RCObsGyn).

A new website developed by the Norfolk and Norwich University Hospital (NNUH) and supported by the British Menopause Society provides tailored, unbiased and accurate menopausal advice for women, provided by experts. For more information: <https://www.managemymenopause.co.uk/>