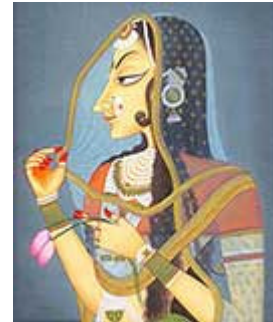


Spring 2016

Reflections from India

As the weather in the UK finally improves after a long, dark, wet winter, we can look forward to the joys of spring and summer. Whether we are menopausal or not, I strongly believe that we generally feel better when the sun shines!

I was recently very lucky to escape from the Scottish winter for a trip to India to take part in the Indian Menopause Society conference, held in Nagpur. This was my first trip to India and was a great experience both of the country with its hustle, bustle, noise, amazing colour and amazing people, not to mention the sunshine, but also of menopause care in a completely different setting to the UK.



The menopause conference was attended by around 500 healthcare professionals, mostly gynaecologists and mostly female, from all over India. Professor Mary Ann Lumsden and I presented the British Menopause Society session, speaking on the Nice Guideline on diagnosis and management of the menopause, and Individual women, Individual menopause management. The session was very well received.

Sitting in on other sessions, I was struck by the importance played to managing various aspects of the menopause without prescribed medication. A fascinating example was regarding menopause and depression in which only one slide listed options of prescribed medications and the rest of the presentation focussed on the importance of exercise, having a hobby and social activity, having a sense of purpose, laughter, being yourself, meditation, yoga, sleep hygiene, music, dance and not forgetting the “me” time.

In the western world we are aware of these aspects, but I just wonder if we give them the attention that we should, concentrating more on what the relative pros and cons of what can be prescribed? Perhaps there is a balance between using effective medication appropriately but also encouraging these other approaches more.

Finally, each presentation ended with a saying and my favourite has to be:

“In menopause, we are not ageing, we are ripening to perfection!”