

# Menopause Matters

## BBC Panorama Programme: The Menopause Industry

1 OCTOBER 2024

*Menopause Matters* is aware that many people may have been affected by the issues raised in this week's BBC Panorama's The Menopause Industry. Women are all different, and it is important that they have access to readily available accurate information so that they can make truly informed decisions about their menopause, supported by family, friends, and, when needed, educated healthcare professionals.

## So Where To go?

### Resources:

- **The British Menopause Society (BMS):** Leading authority on menopause in the UK. British Menopause Society. For healthcare professionals and others specialising in post reproductive health ([thebms.org.uk](http://thebms.org.uk))
- **Women's Health Concern:** Patient arm of BMS offering confidential advice and support. ([womens-health-concern.org](http://womens-health-concern.org))
- **NHS Inform - Women's Health Platform:** Information on women's health throughout life, including menopause. ([Menopause | NHS inform](#))
- **The International Menopause Society (IMS):** Global network of menopause specialists. ([imsociety.org](http://imsociety.org))
- **Menopause Matters:** Website and magazine with information on menopause symptoms, treatment options, and self-care strategies. ([menopausematters.co.uk](http://menopausematters.co.uk))
- **Other resources:** Women can find many recommended resources outside of *Menopause Matters* here: [Menopause Matters: Leaflets](#).

## What To do

- When prescribing treatments, it's important to follow national guidelines, understand why the treatment is needed, and weigh the benefits against the risks.
- For most women, when HRT is used correctly and after a thorough discussion about individual needs, the benefits usually outweigh the risks.
- If you're on a standard licensed HRT dose and aren't experiencing any problems, just continue with your routine check-ups, usually done once a year.
- If you're unsure about your HRT regimen, you can find more information in the [27-WHC-FACTSHEET-HRT-Doses-NOV2022-A.pdf](#) and at [www.menopausematters.co.uk/tree.php](http://www.menopausematters.co.uk/tree.php)
- If you still have concerns, please reach out to your healthcare provider.

## Healthcare Professionals:

If you do need advice and support from a healthcare professional, be reassured that the British Menopause Society is the go-to place with excellent free resources online for healthcare professionals and public, as well as masterclasses, conferences, and the recently launched online BMS Management of the Menopause Certificate for healthcare professionals. More education is always needed but amazing progress is being made.