

Menopause

HEALTH

Patient Information Pack

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Welcome to Menopause Health

We are here to help you, support you and provide you with reliable information and advice.

We are here to help you with all problems or concerns related to menopause and perimenopause. It is important that you see your GP for all other issues. We are happy to provide a letter for your GP at the end of your consultation.

What to expect from your first consultation:

You will be asked to complete the patient registration form attached.

If you are attending for an in-person appointment, we will check your height, weight and blood pressure as standard.

Your first consultation may be in-person, by video or telephone. If your consultation is by video, you will receive an email 30 mins before your scheduled appointment containing a link.

We will discuss the issues and symptoms that you are experiencing at the moment, in addition to any concerns you may have about your future health.

We will discuss your previous medical history (any hospital visits, any current medication or previous medication allergies, any medical conditions you have been diagnosed with in the past) and if you have any recent blood test results or other test results, you could bring these with you to your appointment. If your appointment is virtual, you could send these results, if possible, to info@menopausehealth.ie in advance.

These results will be stored, safely and securely on your medical chart.

We may discuss the questionnaires, attached, to get a better idea of how your symptoms are impacting your quality of life and your health. We may, if it is indicated, calculate your cardiovascular risk, breast cancer risk and osteoporosis risk, using internationally accredited risk assessment tools.

If you need blood tests or cervical screening, these can be taken or arranged.

All of the options, including medications and lifestyle changes etc. will be discussed and together, we will agree on a management plan for you.

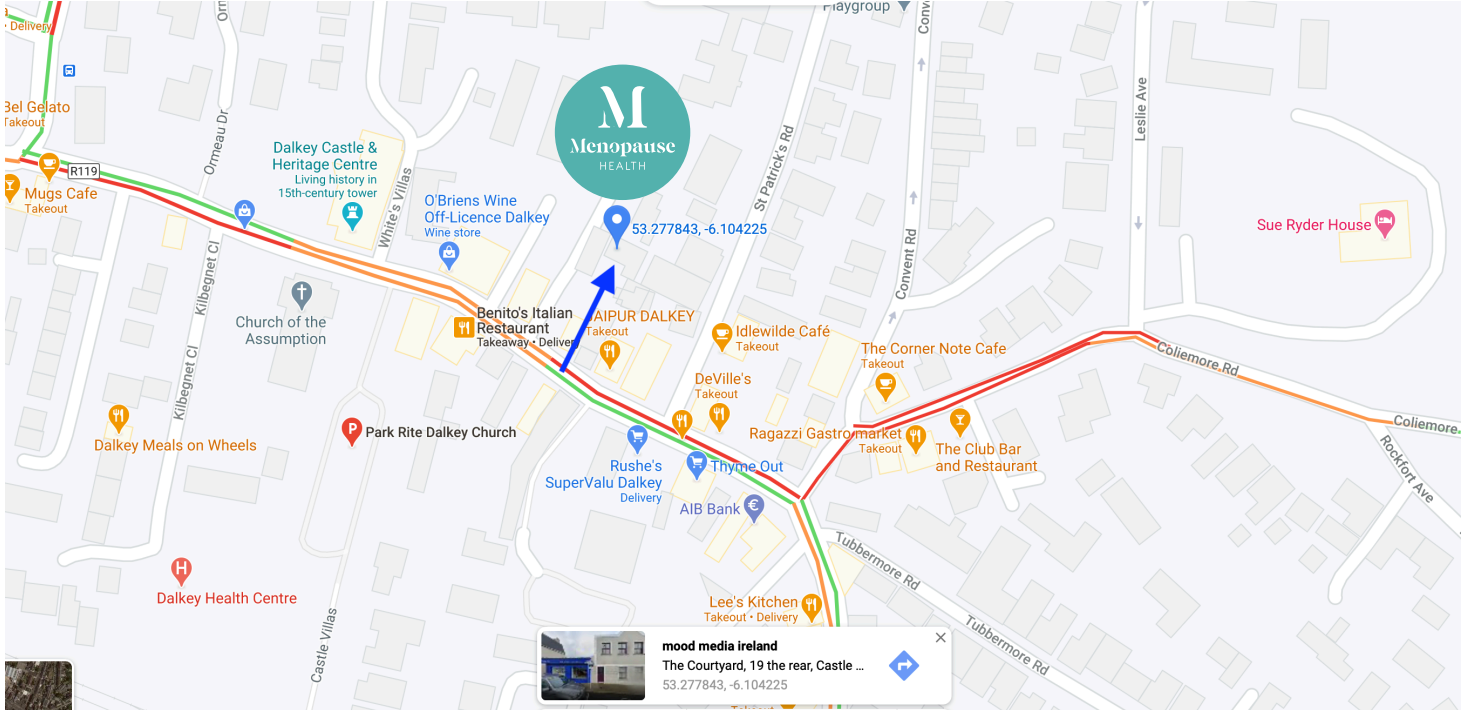
You will then be asked to arrange a follow-up appointment.

Standard review appointments are arranged for 3 months after your initial consultation. If there is no need to change or adjust your treatment at that point, you may then be given a 6 month prescription.

If you have questions after your appointment, you can contact info@menopausehealth.ie

Clinic Location:

Unit 1/2, The Courtyard,
Rear of 19 Castle Street,
Dalkey,
Co. Dublin
A96 VY19



We are located in the Courtyard, behind Doyle's Butchers. There is parking beside Dalkey Church, across the road and also behind SuperValu, across the road.