

Contact details

Location	West Wing Clinic KEMH
Phone	(08) 6458 2222
Outpatient direct	1300 855 275
KEMH website	www.kemh.health.wa.gov.au
Hours	Wed - 8.30 to 12.00pm and 1.30pm to 4.00pm

Further information

Websites

- ▶ www.menopause.org.au (AMS)
- ▶ www.jeanhailes.org.au
- ▶ www.menopause.org (NAMS)

Women and Newborn Health Library

A lending library of women's health information available throughout the state.

Location: KEMH main corridor

Phone: (08) 6458 1100



Government of Western Australia
North Metropolitan Health Service
Women and Newborn Health Service

Menopause Service

Women and Newborn Health Service
King Edward Memorial Hospital
374 Bagot Road, Subiaco WA 6008
Telephone: (08) 6458 2222
www.kemh.health.wa.gov.au



This document can be made available in alternative formats on request for a person with a disability.

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Menopause Service

The Menopause Service at King Edward Memorial Hospital (KEMH) has a long history of caring for women who have problems with menopause transition.

Understanding and knowledge about menopause are important components of the service we provide. Therapy options are adjusted according to each woman's individual needs.

Common symptoms of menopause

The service can help with advice and therapy for management of symptoms which may include:

- ▶ hot flushes
- ▶ night sweats
- ▶ poor sleep
- ▶ forgetfulness
- ▶ mood swings
- ▶ vaginal dryness
- ▶ loss of libido
- ▶ poor bladder control.

Hormone therapy

With media headlines giving conflicting advice, many women are concerned about what is best for them as an individual. Our clinicians aim to give balanced advice according to the most up-to-date evidence based information.

Non-hormone therapies

Many women cannot or prefer not to take hormone therapy. Advice can be given about the safety and effectiveness of various non-hormonal options.

Clinics

General menopause

Appointments at the general menopause clinic offer individualised, expert and multi-disciplinary care to women who have been referred.

Young Age at Menopause Clinic (YAM)

Early menopause (before age 45) can occur:

- ▶ spontaneously
- ▶ after the removal of both ovaries, or
- ▶ due to chemotherapy or radiotherapy.

Early menopause may be a challenging time, also because fertility ends earlier than anticipated. It may affect long-term health with increased risk of osteoporosis, heart disease and other conditions.

Surgical Menopause Service (SMS)

If, due to medical reasons, a woman's ovaries are removed by surgery, she may experience sudden or more severe menopausal symptoms in comparison to naturally occurring menopause. We offer medical and nursing consultations before and after surgery.

Menopausal Symptoms After Cancer (MSAC)

Menopause therapy choices may be more limited for women who have survived cancer.

Our team of specialists meet monthly to provide expert advice on the care of these women some of whom may be young and experience early menopause due to the effects of cancer treatments.

Our staff

The multi-disciplinary team includes:

- ▶ Specialist Gynaecologists
- ▶ Cancer Specialists
- ▶ Specialist General Practitioners
- ▶ Clinical Nurses
- ▶ Other specialists as needed.

Appointment referrals

A referral letter from your GP or other health-care provider is required for an appointment to attend any of the clinics at the Menopause Service.

Referrals should be faxed to the WA Department of Health Central Referrals Service on 1300 365 056.

Advice and information

The Menopause Service Clinical Nurse Co-ordinator who specialises in the management of menopause is available for advice and information.

Telephone between 1.00pm to 4.00pm on Monday and Wednesday (08) 6458 2222 and ask to page 3138.