

The McIndoe Centre

HORDER HEALTHCARE

We believe women
deserve to feel
their best before,
during and after
their menopause

01342 488063



info.mcindoe@horder.co.uk





What is the Menopause?

Menopause describes the body's response to entering the 'post reproductive' phase of a woman's hormone cycle, with the term 'perimenopause' defining any early menopausal symptoms that occur before periods stop. This is when oestrogen levels begin to decline, along with other hormones. Once in menopause, these hormone levels will remain low for good unless replaced.



Restoring balance

Putting women's health first, we provide specialist GP-led support for those experiencing perimenopause and menopause across the UK. We prescribe personalised hormone replacement therapies (HRT) to restore feminine balance through consultation and advanced medical testing.



Menopause awareness

The great news is – women no longer need to suffer in silence. Through frank conversations and evidence-based advancements in HRT, the outdated myths and stigmas about menopause are finally being debunked, giving women back control and choice.



How can we help?

We can provide:

Advanced hormone testing

Specialist consultation with our GP

Bespoke prescriptions

Plus, every patient receives a FREE six-week telephone check-up
– we want to ensure you are feeling balanced!



The average age for the menopause is 51 in the UK. At The McIndoe Centre, we endorse early treatment of HRT during the perimenopausal stage to reduce unnecessary suffering.



Dr Sloan, The McIndoe Centre.

SYMPTOM CHECKER

Identifying that you are experiencing peri or even full menopause can be tricky. The symptoms are varied and different for everyone and easily misdiagnosed. Plus, they often creep into your life by stealth. Here are the most common symptoms:

- ✓ Hot flushes & night sweats
- ✓ Anxiety
- ✓ Joint and muscle pain
- ✓ Heart palpitations
- ✓ Urinary issues
- ✓ Reduced libido
- ✓ Vaginal dryness
- ✓ Brain fog
- ✓ Low mood
- ✓ Feeling flat
- ✓ Extreme fatigue
- ✓ Poor sleep
- ✓ Rage
- ✓ Headaches
- ✓ Not feeling like you anymore

If you are experiencing any of the above or are concerned about your hormone levels, medical tests and specialist consultations are the best way to determine whether, or which, HRT would be best for you.

Benefits of HRT

As well as relieving many symptoms of the menopause, HRT has beneficial links to improving how your skin ages, as well as reducing future risks of dementia, cardiovascular disease, osteoporosis, and type 2 diabetes.

But what are the risks of HRT?

The associated risks of taking HRT indicate that blood clots, cardiovascular disease and endometrial or breast cancers show very minor or no increased risk when the correct individual combination of hormones (HRT) and applications are prescribed.

At The McIndoe Centre, your personal medical history, family history, lifestyle, and any symptoms you are experiencing, are discussed with a specialist menopause GP. Your options and any personal risks will be clearly outlined to ensure the best and safest menopause therapy for you.



The benefits of HRT far outweigh the risks for the vast majority of women by relieving menopausal symptoms, allowing them to lead healthy and full lives.



Dr Sloan, The McIndoe Centre.

MEET THE HORMONES

Oestrogen

Oestrogen is one of the main female hormones. It is connected to menstruation and bone strength. The reduction in Oestrogen is the cause of most perimenopausal and menopausal symptoms. Oestrogen can be prescribed in tablets, patches, gels or sprays.

Progesterone

Progesterone is a hormone that forms naturally in the body – in HRT, this hormone is used with Oestrogen to combat both peri and menopause symptoms and protects the womb lining. Progesterone can be taken in pill form or combined with other hormones in HRT patches.

Testosterone

Testosterone isn't a male-only hormone, women's bodies naturally produce it too. Adding testosterone to HRT can improve sex drive, regulate mood and improve sleep, concentration, and bone health. Testosterone is applied via gel or cream to your skin in various places to ensure no unwanted hair growth!

Get In Touch

At the McIndoe Centre, the type of HRT prescription you receive will be informed through consultation with our specialist GP. We'll listen to how your symptoms impact your life and conduct tests to ensure the best combination of HRT is chosen for you.

Advanced hormone testing

Specialist consultation with our GP

Lifestyle advice & complementary therapies

Bespoke HRT prescribed

Plus, every patient receives a FREE follow-up telephone appointment after six weeks. During this appointment, we can tweak your prescription if required.

Contact us today to book your first appointment **because your happiness matters.**

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