

CLINICAL PAGES SOMERSET MENOPAUSE SERVICE WEBINAR

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Menopause Awareness Month – October 2022

As part of Menopause Awareness month in October, the [NHS Somerset Menopause Service](#) has developed a series of webinars for women in Somerset. The first webinar will take place on 19 October at 7pm and will be repeated early in 2023. The webinar will be led by Dr Kathryn Patrick (GP and Director of Primary Care at Yeovil District Hospital), who will host a session with advice about Menopause and HRT for Somerset residents, followed by a Q&A session.

Menopause is when your periods stop due to lower hormone levels. This usually happens between the ages of 45 and 55, although it can sometimes happen earlier.

Most women will have some menopausal symptoms in midlife (45-55), lasting on average for seven years. These can be physical and/or psychological symptoms and can have a severe impact on quality of life for some women. One in ten women who have worked during the menopause have left a job due to their symptoms. This is also a peak time for relationship breakdowns and even suicide in women.

Women in Somerset can register for the Somerset Menopause webinar <https://bit.ly/SomersetMenopause> or by emailing somicb.somersetmenopauseengagement@nhs.net.

We have a limited number of places available at the webinar. Places will be allocated on a first come, first served basis.

For those unable to attend the webinar we will be posting a recording of the webinar at [Somerset NHS Menopause Service - NHS Somerset](#)

Social media content for GP social media pages



NHS
Somerset

Do you have questions about the Menopause or HRT?

Dr Kathryn Patrick can help you understand what to expect, provide information on the support available and answer your questions, at a free live webinar for Somerset residents about Menopause & HRT.

Next FREE webinar: Wed 19 October, 7pm
Reserve your space today by clicking on the registration link in the post

If you are experiencing symptoms associated with the menopause and want to know more about the menopause and what support is available, you can join our Somerset Menopause Webinar on 19 October.

[Register here \(https://bit.ly/SomersetMenopause\)](https://bit.ly/SomersetMenopause) or by emailing somicb.somersetmenopauseengagement@nhs.net .

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