

Dear Colleagues,

We are excited to commence the **Complex Menopause Service** at CUMH. In line with the national guidance for Complex Menopause Services, we are only in a position to accept referrals for patients whereby Hormone Replacement Therapy is considered a relative contraindication, patients with Premature Ovarian Insufficiency, and where there are concerns in relation to serious pharmaceutical interactions with HRT.

The referral criteria for this service is for patients with a personal history of:

- Established Cardiovascular Disease
- Cerebrovascular Disease or Transient Ischaemic Attack
- Venous Thromboembolic Event
- Breast or Hormone Sensitive Cancer
- Active Liver Disease
- Immunological Diseases
- Premature Ovarian Insufficiency (menopause under the age of 40 years)

This is not an exhaustive list, and if you are unsure if your patient should be seen within a complex menopause setting, please contact the clinic or write a letter which will be reviewed by one of the team.

**Our clinic is based in the Lee Clinic, Lee Road, Mount Desert.
Referrals to the clinic will be accepted via letter or Healthlink.**

In addition to the referral letter, extra information is often required to provide relevant background information prior to issuing an appointment, as this will influence management and treatment options. Otherwise, it can lead to a wasted appointment on the day if this detail is unavailable.

This extra information can be sent with the original referral letter to the address/email listed below, or we will try to obtain this information from the patient's GP. This information is usually in the form of:

- Specialist letter(s) detailing diagnosis/treatments/histology, e.g. Oncology, Cardiology, Haematology, Hepatology, Neurology etc.
- Recent relevant blood results, e.g. FBC, lipids, liver, thyroid, HbA1C etc.
- Any investigations relevant to their diagnosis, e.g. thrombophilia screen, CT coronary calcium score, etc.

We look forward to collaborating with you.

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