

**Comment – International Menopause Society**

**International Menopause Society welcomes new guidelines from NICE in the UK**

**Thursday 12<sup>th</sup> November 2015**

The National Institute for Health and Care Excellence (NICE) has published a new guideline on the support, information and treatments needed to address the often debilitating symptoms that women suffer during menopause.

The guideline covers the diagnosis and management of menopause, and is designed to ensure all physicians have the correct information to offer guidance on the range of drug and non-drug treatment options that help with physical and psychological symptoms. It also provides clarity on the benefits and risks of taking HRT (hormone replacement therapy

**Professor Mary Ann Lumsden, chair of the expert group which developed the NICE guideline and President-elect of the International Menopause Society said:** “The NICE recommendations are based on a thorough assessment of all important literature, and are the gold standard in managing menopause. The guideline covers the treatment of symptoms and also looks again at the place of HRT in treating menopausal women. It emphasises that, for most women, HRT is a very effective treatment for several menopausal symptoms, for example hot flushing and also reduces the risk of osteoporotic fracture. The guideline outlines that menopausal women should be informed that the impact of HRT on the risk of breast cancer varies with the type of HRT used as does the risk of cardiovascular disease. Since risk varies from one woman to another, lifestyle factors that might be important should also be discussed. Every woman who is worried about the effects that menopause is having on her life must be given the chance to find if there’s an option that works for her.”

**Comment ends**

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**About the NICE guideline, 'Menopause: diagnosis and management'**

The guideline is available at <https://www.nice.org.uk/guidance/NG23>

The Information for Patients version of the guideline which also suggests points that women may find helpful to discuss with their doctor or nurse is available at <http://www.nice.org.uk/guidance/ng23/informationforpublic>.

For general information on the International Menopause Society, see <http://www.imsociety.org/>

For IMS recommendations on HRT, please see [http://www.imsociety.org/ims\\_recommendations.php](http://www.imsociety.org/ims_recommendations.php)

Press coverage in the UK to date includes:

The Guardian: <http://www.theguardian.com/society/2015/nov/12/one-million-women-could-benefit-from-hrt-says-nhs-menopause-guidance>

The BBC: <http://www.bbc.co.uk/news/health-32956079>

The Daily Mail: <http://www.dailymail.co.uk/health/article-3314672/Women-given-HRT-fight-menopause-says-health-watchdog-benefits-far-outweigh-risks.html>

Boots WebMD: <http://www.webmd.boots.com/menopause/news/20151112/nice-issues-new-menopause-guidelines>

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