



NICE Menopause Guideline 2015: Statement from the CEU November 2015

The FSRH welcomes the publication of the new NICE Menopause Guideline in November 2015 which includes 64 recommendations relevant to UK clinical practice. Please [click here to view NICE guidelines](#). The Clinical Effectiveness Unit team of the FSRH commented extensively on the draft guideline during the consultation phase.

Many women experience menopausal symptoms that may be extremely unpleasant and significantly affect their daily life, work and sleep. They may seek advice from clinicians as to how best to manage such symptoms and it is important that they receive accurate, evidence-based information regarding the benefits and risks of all available options. Those women who become menopausal at a young age also have an increased risk of osteoporosis and will benefit from use of hormone replacement therapy (HRT) for bone protection.

The NICE Menopause Guideline systematically reviews the evidence for effectiveness and safety of the various interventions for management of menopausal symptoms including vasomotor symptoms, low mood and anxiety and of urogenital atrophic symptoms. Specific sections provide an evidence-based approach to diagnosis of menopause and importantly, to diagnosis and management of premature ovarian insufficiency. As well as hormone replacement therapy, non-hormonal, herbal and non-pharmaceutical options such as cognitive behavioural therapy are considered. The evidence for potential health risks associated with HRT is appraised and clearly presented: a useful tool for clinicians supporting women who are considering HRT.

The NICE Guideline emphasises the importance of individualised management for each woman. The guideline does not specifically advise on management of women with complex issues but recommends throughout that women who do not respond to treatment or are complex are referred to a healthcare professional with expertise in menopause.

The FSRH supports the use of the NICE Menopause Guideline as an important resource. It will guide clinicians in ensuring that menopausal women requiring symptom control and/or bone protection are given all the information they need to make fully informed decisions regarding their management.