

## Alternative Therapies

International federation of  
Aromatherapy

[www.ifparoma.org](http://www.ifparoma.org)

Tel 01455 637987

Complementary Medical Association

[www.the-cma.org.uk](http://www.the-cma.org.uk)

Tel 0845 129 8434

Institution of Medical Herbalists

[www.nimh.org.uk](http://www.nimh.org.uk)

Tel 01392 426022

Society of Homeopaths

[www.trusthomeopathy.org](http://www.trusthomeopathy.org)

Tel 01582 408675

Association of Reflexologists

[www.aor.org.uk](http://www.aor.org.uk)

Tel 01823 351010

British acupuncture council

[www.acupuncture.org.uk](http://www.acupuncture.org.uk)

Tel 020 8735 0400

Women's nutritional advisory service

[www.naturalhealthas.com](http://www.naturalhealthas.com)

Tel 01273 609699

## Menopause Clinic information

### Clinic Times

Tuesday 9am – 11.45am

Wednesday 9am – 11.45am

### Clinic Doctor

Dr Jenny Williamson

### Nurse Specialists

Elaine Stephens

Maureen Bristow

### Menopause Nurse Help line

0121 626 4522

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Menopause Nurse Specialist

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Birmingham Women's NHS  
Foundation Trust  
Edgbaston, Birmingham B15 2TG  
Telephone: 0121 472 1377  
[www.bwhct.nhs.uk](http://www.bwhct.nhs.uk)

Birmingham Women's   
NHS Foundation Trust

Menopause Clinic

Series

Finding the Right  
Information

Patient Information

## Hormone Replacement Therapy (HRT)

has been the subject of much discussion over the last few years.

If you are already taking HRT or have been thinking of using it you are probably aware of the ongoing debate and controversy on the safety of its use.

It is small wonder therefore that many women and some health professionals have been confused as to what to do. This has caused some women to stop or decide not to start HRT, and so many have continued suffering menopausal symptoms.

**Alternative/complementary Therapies** are a popular non HRT choice for many women, but you need to be aware that only limited research has been undertaken to support the effect and safety of their use.

One concern is the risk of interaction with any other therapies / medication you may be taking so it is important to always keep your Doctor informed.

Women have told us it is often difficult to find the information and facts they need about menopause and HRT use. Hopefully this leaflet will provide you the resource to get the answers to your questions.

**The websites in this leaflet are for information purposes only. BWFT is not responsible for the contents.**

## Menopause and HRT

**British Menopause Society**  
[www.thebms.org.uk](http://www.thebms.org.uk)

**International Menopause Society**  
[www.imsociety.org](http://www.imsociety.org)

**Menopause Matters**  
[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

**Premature Menopause**  
**The Daisy Chain**  
[www.daisynetwork.org.uk](http://www.daisynetwork.org.uk)

**Hysterectomy**  
**Hysterectomy Association**  
[www.hysterectomy-association.org.uk](http://www.hysterectomy-association.org.uk)

**Endometriosis**  
**Endometriosis Association**  
[www.endo.org.uk](http://www.endo.org.uk)  
Tel 0808 808 2227

**Women's Health**  
**Women's Health Concern**  
[www.womens-health-concern.org](http://www.womens-health-concern.org)  
Tel 01628 478 473

**Osteoporosis**  
**The National Osteoporosis Society**  
[www.nos.org.uk](http://www.nos.org.uk)  
Tel 0845 450 0230

## Bladder and Bowel

**Bladder & Bowel Foundation**  
[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)  
Tel 0845 345 0165

## Counselling

**British Association of Counselling**  
[www.bacp.co.uk](http://www.bacp.co.uk)  
Tel 01455 883 316

## Infertility

**Infertility Network**  
[www.infertilitynetworkuk.com](http://www.infertilitynetworkuk.com)  
Tel 0800 008 7464

**Premenstrual Syndrome**  
**PMS Society**  
[www.pms.org.uk](http://www.pms.org.uk)  
Tel 08448 157 311

**Cancer Information**  
**Cancer information**  
[www.macmillian.org.uk](http://www.macmillian.org.uk)  
Tel 0808 808 0000

**Breast Cancer**  
**Breast cancer care**  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)  
Tel 0808 800 6000

**Heart Disease**  
**British Heart Foundation**  
[www.bhf.org.uk](http://www.bhf.org.uk)  
Tel 0300 330 3311

