Sexual Health Quarters

Menopause Service

This information is designed to be used in consultation with your health professional.

What is menopause?

Menopause is a natural stage of life that occurs when ovarian hormone production declines and menstrual periods permanently stop. The transition to menopause (perimenopause) can occur over several years and may be associated with a range of physical, emotional and sexual health symptoms. Everyone's experience of menopause is different, and symptoms can vary in type, severity and duration.

Sexual Health Quarters (SHQ) provides evidence based menopause care focused on symptom management, quality of life and sexual wellbeing. Care is individualised and delivered by experienced clinicians within a defined clinical scope.

Model of care – working with your GP

The SHQ Menopause Service operates under a collaborative care model.

SHQ provides individualised menopause assessment, treatment planning and prescribing

Your GP remains an important partner in your overall healthcare

With your consent, relevant recommendations and updates are shared with your GP to support continuity and safety

SHQ clinicians provide treatment and follow-up specific to menopause, while your GP continues to oversee broader health care and other chronic conditions.

Scope of practice and prescribing

SHQ clinicians prescribe evidence based therapies only, in accordance with current, approved clinical guidelines.

This may include:

- Menopausal hormone therapy (MHT)
- Non hormonal options for menopausal symptom management
- Care addressing vasomotor, sleep, mood, genitourinary and sexual health concerns

SHQ does not prescribe:

- Non evidence based or experimental therapies
- Compounded or unregulated hormone preparations

All treatment decisions are made through shared decision making, considering individual symptoms, health history, risks and preferences.

SHQ's care focuses on menopause related to your sexual and reproductive health.

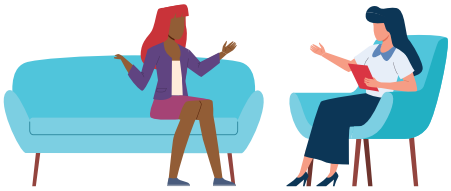
If general health issues are identified, this will be communicated to your GP for follow-up and management.

It is important that you attend any recommended follow-up with your GP.

Sexual wellbeing in menopause (SWIM) counselling

SHQ has a counselling and psychology service that can provide assessment and therapy related to sexual wellbeing, relationships, intimacy, and menopause.

Psychology sessions are bulk billed for Medicare eligible clients with a referral and mental health care plan from your usual GP.



Investigations before starting MHT

Some investigations are required before commencing MHT, to ensure treatment is safe and appropriate.

These investigations are not required to access an appointment but having results available may expedite access hormonal therapy, if appropriate.

Depending on individual circumstances, investigations may include:

Screening

→ Up to date breast cancer screening

For more information and to arrange breast cancer screening go to: www.breastscreen.health.wa.gov.au

→ Up to date cervical cancer screening

For more information about cervical cancer screening see: shq.org.au/clinic/cervical-screening

Blood Tests

- Liver function tests
- Lipid profile
- Blood glucose or HbA1c

If you choose to arrange these investigations elsewhere ahead of your SHQ Menopause appointment, please ensure the results are available for your SHQ clinician to review.

Referrals and fees

No GP referral is required. Medicare gap fees apply.

Please see SHQ clinic cost page for up-to-date fees: shq.org.au/clinic-costs

Bookings

To make an appointment at SHQ, please visit our website or phone the clinic on 08 9227 6177

If you require an interpreter, please phone to book.

Sexual Health Quarters

Sexual Health Quarters (SHQ)
08 9227 6177 info@shq.org.au
70 Roe Street, Northbridge WA 6003

Sexual Health Helpline
08 9227 6178
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