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Regulated by



CareQuality
Commission



Menopause: Save Our Skin!

What to do when Menopause wrecks your skin

Menopause & The Skin



Does Menopause really effect skin?

It most certainly does!

The whole body undergoes significant changes as hormones fluctuate and decline through peri-menopause and eventually menopause. The skin is the largest organ in the body and has many immune and regulatory functions in the body as well as being our most significant cosmetic concern. Both function and appearance can be affected by menopause.

Mission

We aim to raise awareness about how menopause effects the skin and the options available to sufferers.

Both skin health and the appearance of the skin are important for both physical and mental wellbeing.

We love to pass on our knowledge to help others to feel confident and regain the sense of femininity that can feel challenged when menopause takes hold.

Could it be the Menopause?



Menopause can present a wide range of symptoms and can occur at any age. It is a common misconception that menopause happens around 50. Whilst for a majority, this is the case, many others experience symptoms in their 30's, or even before. The years leading to menopause are called peri-menopause. Only once you have not had a period for a full year have you reached menopause. Symptoms are often at their worse during menopause but can continue for years post-menopause too.

Common Symptoms

You may have a number of symptoms or none.

Changes to your periods

The first sign of the peri-menopause is usually, but not always, a change in the normal pattern of your periods, for example they become irregular. Eventually you'll stop having periods altogether.

Mental health symptoms

Common mental health symptoms of menopause and peri-menopause include:

- changes to your mood, like low mood, anxiety, mood swings and low self-esteem
- problems with memory or concentration (brain fog)

Physical symptoms

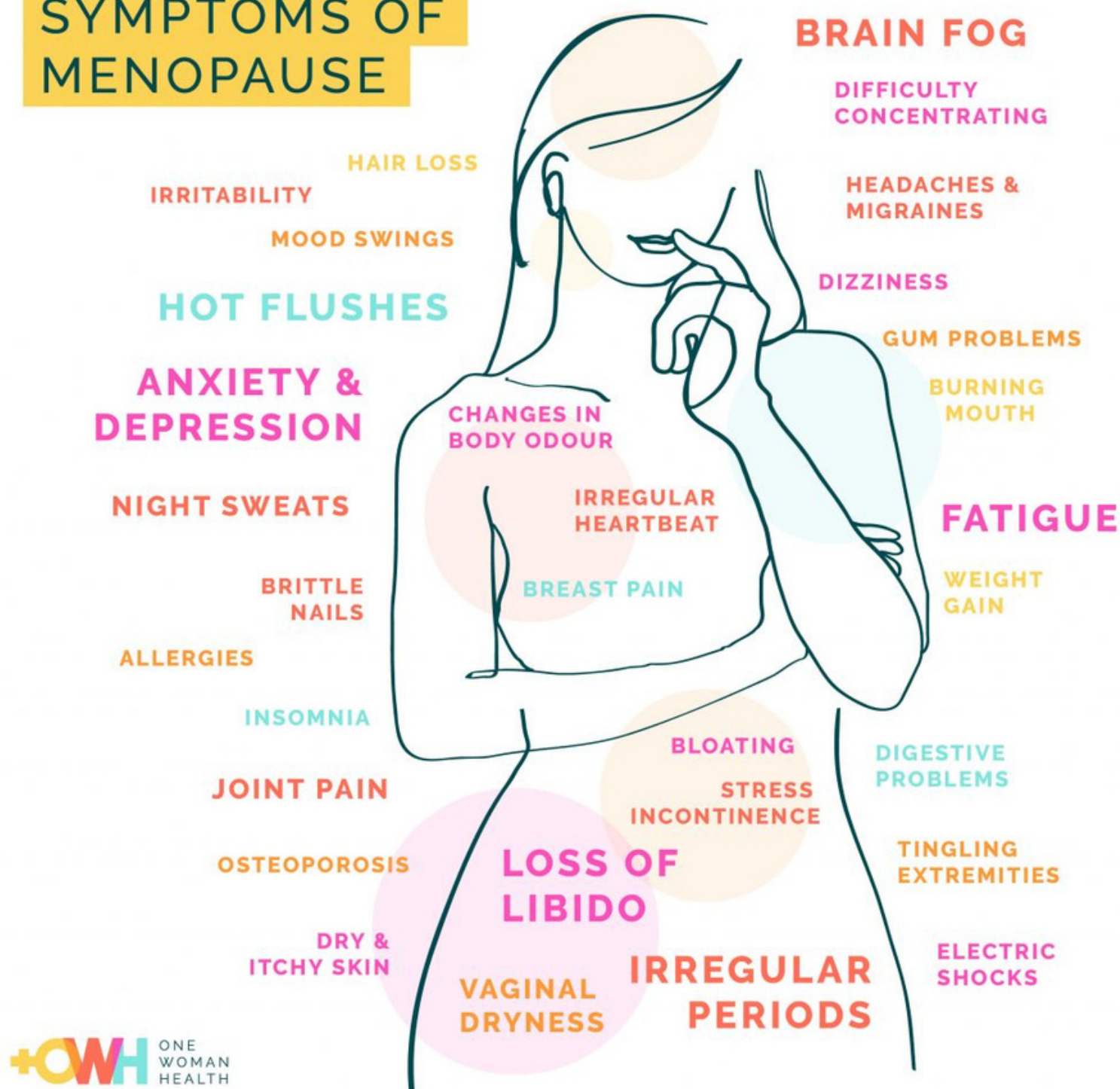
Common physical symptoms of menopause and peri-menopause include:

- hot flushes, when you have sudden feelings of hot or cold in your face, neck and chest which can make you dizzy
- difficulty sleeping, which may be a result of night sweats and make you feel tired and irritable during the day
- palpitations, when your heartbeats suddenly become more noticeable
- headaches and migraines that are worse than usual
- muscle aches and joint pains
- changed body shape and weight gain
- skin changes including dry and itchy skin
- reduced sex drive
- vaginal dryness and pain, itching or discomfort during sex
- recurrent urinary tract infections (UTIs)

Menopause Symptoms

Menopause symptoms vary greatly from one woman to the next. Menopause may bring none, one or many of the following symptoms.

SYMPTOMS OF MENOPAUSE



The National Survey

The National Survey shows some interesting information about the effects of menopause.

National survey – The results



In May 2016, a survey conducted by Ipsos MORI on behalf of the British Menopause Society (BMS), has revealed that one in two women in Great Britain (aged 45-65 who past ten years) go through the menopause without consulting a healthcare professional. This is despite women surveyed reporting on average seven different symptoms and 42% saying their symptoms were worse or much worse than expected.

50%
of women
aged 45-65 who
have currently
experienced the
menopause in the
past 10 years,
had not consulted
a healthcare
professional about
their menopause
symptoms.



This despite women reporting on **average seven symptoms** and **42% feeling their menopause symptoms** were worse or much worse than they suspected.



50% of women said their menopause symptoms had **impacted their home life**.

Many experienced symptoms they did not expect, including:

22% unexpected sleeping problems/ insomnia
20% difficulty with memory/ concentration
18% experienced unexpected achy joints

More than a third

said their menopause had **impacted their work life**.

79%
of women surveyed
experienced hot
flushes and
70%
experienced
night sweats



36%
women said
their menopause
symptoms
**impacted their
social life**



50%
reported their menopause
symptoms **impacted on
their sex life**

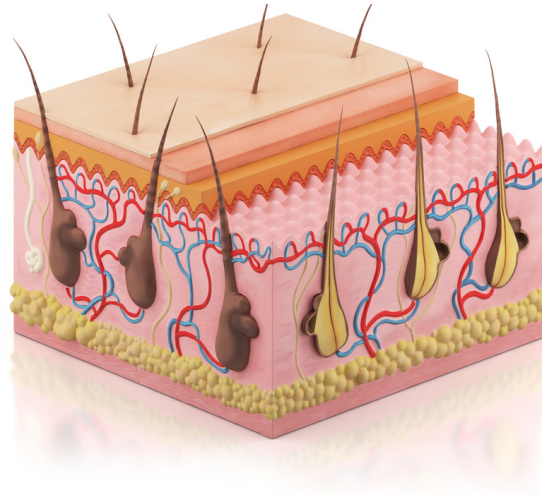
How Menopause affects your skin

Menopause can bring many challenges, none more visible than the effect it has on the skin.

But why?

During menopause:

- Oestrogen levels fluctuate and decline.
- More FSH (follicle-stimulating hormone) is released.
- The ovaries produce more androgens.
- LH (luteinizing hormone) increases
- Inhibit B decreases.



These changes mean:

- Oestrogen regulates fat deposits in the body so a decline in oestrogen can lead to a loss of volume in the face where fat pads are present ie cheeks and temples. Loss of structure in the mid and upper face notoriously leads to skin laxity and "jowls" in the lower face.
- Oestrogen regulates bone function; as this declines, bone is lost causing the eyes to hollow, the chin and jaw to shorten and the general structure to be lost.
- Increased sebum production resulting from an increase in androgens, can cause acne in some menopausal women, even those who have never suffered before.
- On the contrary, for many the decline in oestrogen causes a reduction in sebum leading to skin dryness and itching, as well as causing hair to be dry and brittle.
- Compromised skin quality can affect the immunity function of the skin, leading to increased reactivity to allergens, poorer skin healing and inflammation.
- Skin becomes more significantly more sensitive to UV exposure, which degrades the collagen and elastin in the skin. Photo-damage is markedly increased.
- The inflammasomes released by the reproductive organs causes an increase in inflammation. The affect of this on the skin is sometimes called "inflammageing."
- The loss of collagen weakens the skins natural barrier as collagen acts as the skins essential scaffolding protein. Reduced barrier function leads to loss of hydration and poor uptake of skincare products.
- Fibroblasts are responsible for the production of collagen and elastin but become less active with age and declining female hormones. The reduction in collagen and elastin, weaken skin structure and cause skin to become lax, fragile and lose firmness.
- Cell turnover slows with reduced fibroblast activity (usually every 28 days, slowing down to up to 60 days). resulting in poor sloughing of dead cells; making skin dull and flat and prone to breakouts.
- Reduction in collagen, elastin and hyaluronic acid, contribute to skin laxity and fragility, loss of firmness and dehydration.

Thankfully there are many options to treat skin affected by the menopause.

Menopause Skin Symptoms

Menopause can cause a variety of symptoms that vary greatly from one woman to the next. Menopause may bring none, one or many of the following symptoms:

Thinning Skin

Skin sensitivity

Vaginal dryness

Age Spots

Skin fragility

Acne

Dry Skin

Pigmentation

Vaginal Thrush

Thinning hair

Redness

Rosacea

Wrinkles

Melasma

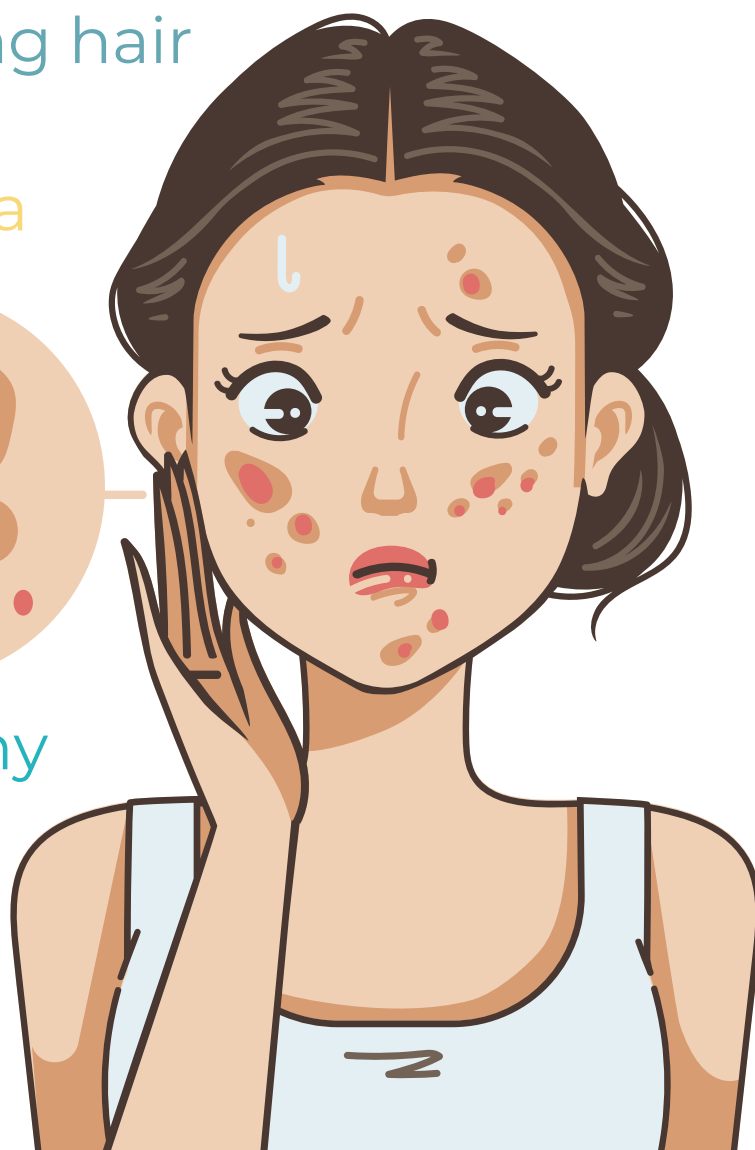
Dull skin



Vaginal atrophy

Worsening skin
conditions

Facial hair growth



Medical Aesthetics



What are Medical Aesthetics?

Medical aesthetics is a branch of medicine that uses non-surgical procedures to alter the appearance and/or function of skin and muscles for the purpose of improving a person's aesthetic and resulting psychological wellbeing.

Procedures performed for purely aesthetic reasons are considered "cosmetic" whilst those that overlap with a medical cause for treatment are considered "medical."

Mission

Currently Medical Aesthetics in the UK has little to no regulation, meaning that anyone, with no medical experience or training can become an "aesthetics practitioner" with only a one day training course. We believe this is a significant danger to public health and we campaign for better regulation of the sector and improved training standards. We work closely with stakeholders to improve ethical practice and raise public awareness about the issue.

A Full Face Approach

Understanding ageing

To best rejuvenate the ageing face, first we must understand the ageing process and the changes that occur.



Structural

- Skeletal supporting structure diminish with age. This leads to hollow eyes, a shortened chin and diminishing cheek bones.
- Ligaments loosen and muscles lose mass and tone.

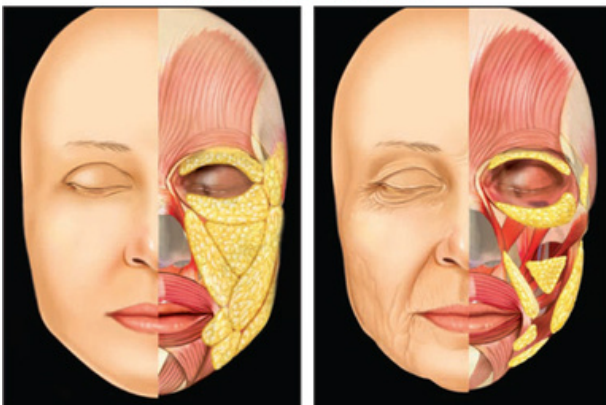
Supportive

Fat pads such as in the cheeks and temples lose volume. Without this support, skin succumbs to gravity and is dragged downward, creating folds and fullness in the lower part of the face.

Surface

- As collagen, elastin and hyaluronic acid production diminishes the skin loses its elasticity and may become lax, fragile and dehydrated.
- Lines and wrinkles appear and settle in. The reduced cellular turnover means the replication process of skin cells becomes sluggish and skin may appear dull.
- Hormonal changes affect the function of the skin. Pigmentation and age spots may appear, pore may become noticeable or blocked. Inflammatory processes like rosacea may become problematic.

CHANGES IN SKIN AND FAT



YOUTHFUL FACE

AGING FACE

CHANGES IN MUSCLE AND BONE



YOUTHFUL FACE

AGING FACE

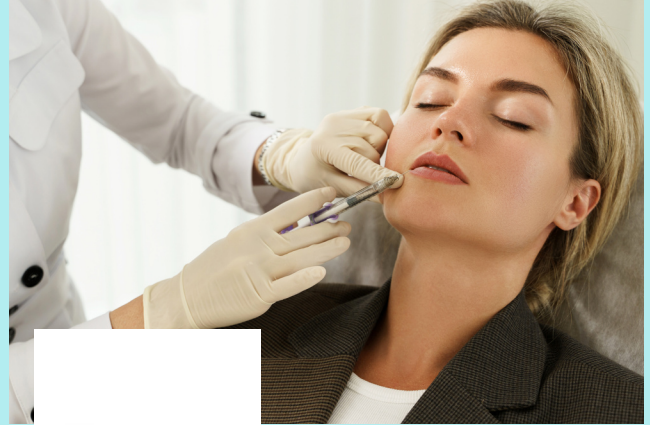
Thankfully, a combination of treatments can be used to restore what has been lost.



Aesthetic Treatments

Dermal Fillers

Temporary Dermal Fillers are injected under the skin in order to add volume to areas of the face and smooth lines and wrinkles. The gel like substance is derived from stabilising Hyaluronic acid which is found naturally within the skin. The body naturally breaks it down over a period of 6-12 months depending on the individuals metabolism and the area of injection. They are typically used to add volume to: the cheeks, lips and chin and smooth lines around the nose and mouth, but are also used to smooth tear troughs, or in conjunction with other modalities to deliver a non-surgical face lift.



 TEOXANE

Wrinkle Injections

'Wrinkle injections' are a prescription only medicine (POM) commonly known as Botox. Wrinkle injections are most commonly used to relax the muscles around the eyes and forehead. Softening of the lines caused by repeated expressions; allows the skin to resurface - reducing the appearance of wrinkles. Treatment typically needs repeating every 12 weeks but varies according to the individual.



 Allergan

Profilo

Profilo is the first treatment of its kind. Described as a 'Bio-remodeller,' it contains one of the highest concentration of hyaluronic acid on the market. It works to boost the hydration of the skin but also to stimulate 4 types of collagen and elastin to remodel aging and sagging skin and improve skin texture. Profilo delivers great results on it's own or when used in conjunction with other injectable treatments. A typical course begins with 2 treatments and a further single treatment every 6 months to maintain results. Profilo can be used on the face, neck, décolletage, hands, arms or any part of the body concerned with poor skin quality or laxity.



PROFILO®

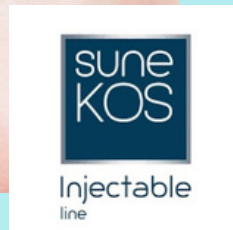


Aesthetic Treatments

Polynucleotides

Polynucleotides are a revolutionary new treatment. Derived from fish gonads, polynucleotides stimulate fibroblast production; cells which play an integral role in the synthesis of structural substances within the skin such as collagen, elastin, hyaluronic acid and chondroitin.

Polynucleotides work by stimulating fibroblasts which encourages cell turnover, improves elasticity, boosts collagen production and hydrates skin thanks to powerful wound-healing polymers. This treatment is perfect for reducing fine lines around the eyes, dark circles, scarring and skin laxity anywhere on the face or body.



Sunekos

Sunekos contains hyaluronic acid and a patented formula of amino acids, which are essential for the creation of healthy skin and promotes the body's own production of collagen and elastin. This process rebuilds the dermal layers of the skin and restores the natural youthful look by tightening the area, improving skin hydration and texture and plumping wrinkles and lines out. A great treatment for lines and hollows under the eyes.

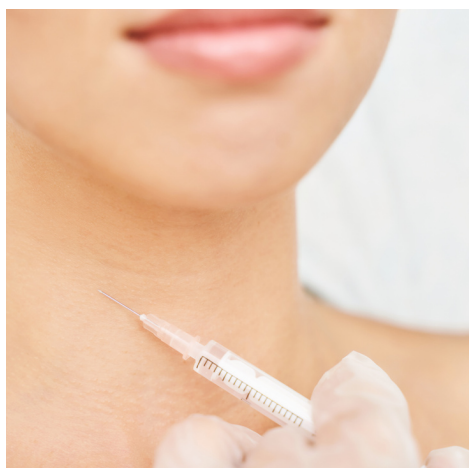
Intralipotherapy

Intralipotherapy (AKA Fat dissolving injections, lipolysis or lipotherapy) is a treatment that uses a formulation called sodium deoxycolate to actively break down lipids (fats) under the skin, allowing your body to excrete it naturally as you would dietary fats. Intralipotherapy can be used in a multitude of areas of the face and body; most commonly:

- Double chin
- Abdomen
- Thighs
- Upper arms
- Upper back



Specialist Procedures



"Gummy Smile"

Botulinum Toxin is used to drop the lower lip to cover the gum when smiling.

"Bunny Lines"

Botulinum Toxin is used to soften the lines that appear on the nose when wrinkling the nose.

"Necklace Lines"

Botulinum Toxin is used to soften the vertical lines and horizontal bands that appear around the neck.

"Nefertiti Lift"

Botulinum Toxin is used to lift the neck and jowls.

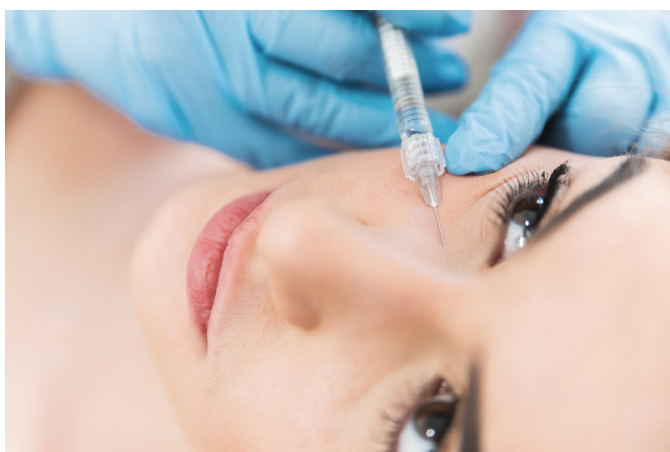
Non-surgical Rhinoplasty

Dermal fillers and Botulinum Toxin can be used to improve the appearance of lumps and bumps of the nose, lift a dipped nose and improve asymmetries after injuries to the nose. A non-surgical rhinoplasty avoids the down time and potential complications of surgery whilst lasting for 18 months or more for many patients.



Tear Trough Fillers

Dermal Filler can be used to reduce the appearance of tear trough deficit which causes a hollowing or "trough" beneath the lower eye lid. Whilst the dermal filler does not actively lighten dark circles, changing the way the light falls in this area can dramatically improve the appearance of dark circles too. Treatment typically lasts up to 18 months. It is often the case that the cheeks will also require some volumisation when tear troughs are present.



Regulated by



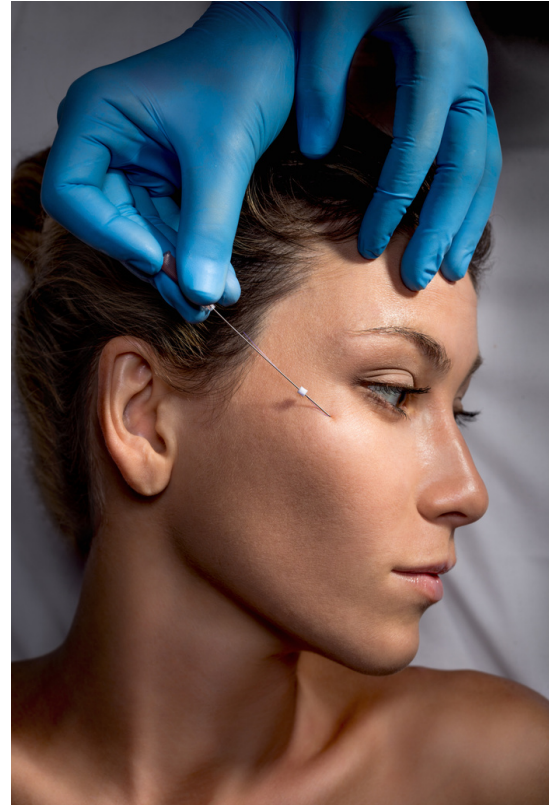
Soft Surgery

Silhouette Soft Thread Lift / PDO Thread Lift

The Thread Lift is a "soft surgical" procedure which involves using single dissolvable sutures to reposition lax skin and restore collagen.

Silhouette Soft is the most advanced "thread" used for this procedure. Unlike barbed threads, it comprises of small cones secured along the thread, which fuse deeply into tissues beneath the skin to lift the skin and secure it into a lifted position. The thread and cones are made of PLLA (Polylactic Acid) which naturally degrades beneath the skin, whilst simultaneously stimulating collagen. The result is natural looking, long lasting and highly effective.

Thread lifts are considered surgical and must be undertaken in a CQC registered clinic. Speak to one of our team today to discuss if this treatment is right for you.



Minor Surgery



Our Minor Surgery Suite is perfect for the removal of skin lesions, warts, skin tags and other unsightly blemishes.

We feel very strongly about patient safety so removal of skin lesions can only be performed with referral from a GP or Dermatologist to ensure we are only removing benign skin lesions and not cancerous lesions. All excised samples are sent for histology which will be sent to your referring GP or Dermatologist. Ask your Clinician for a referral letter template from your GP/Dermatologist to complete if required.

GP's can email referrals to reception@medicalskinclinic.co.uk



Prescription Skincare

Acne ~ Lines & Wrinkles ~ Rosacea ~ Pigmentation ~ Menopause

ZO® Skin Health believes the ideal way to attain and maintain skin health is through the power of science. Drawing inspiration from the founder, world-renowned dermatologist Dr. Zein Obagi, ZO® Skin Health continues to push the boundaries of medical-grade skincare.

Combining their distinct perspective on skin health science with proprietary technologies and product education and protocols, ZO® elevates and optimises the relationship between skin and skin care.

ZO® provides comprehensive solutions for maintaining skin at its healthiest – regardless of age, ethnicity, skin condition or skin type. From correcting sun damage and pigmentation to protecting against future damage, ZO® offers a wide spectrum of advanced skincare protocols and products designed to promote healthier skin day after day.

The Medical Skin Clinic are proud to be an Authorised ZO Clinic





Getting Skin Ready Step 1



Cleanse

Hydrating Cleanser 200ml

(Dry/Sensitised)

- Cleans away debris, oil and makeup
- Minimizes dryness and irritation
- Soothes and calms sensitive skin

Exfoliating Cleanser 200ml

(Normal/Oily/Acne prone)

Cleans away debris, oil and makeup

- Helps remove skin-clogging cells
- Exfoliates and decongests skin
- Provides antioxidant protection and helps reduce inflammation



Gentle Cleanser 200ml

(All skin types)

- Cleans away debris, oil and makeup
- Provides effective makeup removal, shaving gel or body wash
- Replenishes hydration
- Provides antioxidant and anti-irritant benefits

Our clinic is an authorised ZO Stockist.

By law, ZO cannot be purchased online and can only be prescribed by approved Doctors & Nurses.

Exfoliate

Exfoliating Polish 65g

(All skin types)

- Instantly smooths skin
- Gently dissolves oil and removes dulling, clogging skin cells
- Replenishes hydration and healthy lipids
- Brightens skin



Dual Action Scrub 116g

(Oily/Acne prone)

- Sloughs away skin-clogging skin cells
- Dissolves and removes excess oils
- Destroys acne-causing bacteria
- Replenishes hydration
- Reduces inflammation and neutralizes free radicals

Tone

Complexion Renewal Pads (60)

(All skin types)

- Minimizes surface oil and exfoliates pore-clogging dead skin cells
- Decongests skin and minimizes breakouts
- Replenishes hydration
- Provides antioxidant and anti-irritant benefits

Oil Control Pads (60)

(Oily/Acne prone)

- Provides maximum-strength acne prevention solution
- Exfoliates skin-clogging cells
- Minimizes oil and tightens pores



Calming Toner 180ml

(Dry/Sensitised)

- Balances pH to restore skin health
- Minimizes pore size
- Subtly exfoliates dry, dull skin
- Hydrates, soothes and calms skin



Prevent & Correct Step 2



Anti-Ageing

Daily Power Defence 50ml

(All skin types)

- Defends skin against premature aging from free radicals
- Visibly reduces multiple signs of inflammation
- Accelerates barrier restoration and extended skin hydration
- Supports natural cellular repair to ensure optimum skin health



Growth Factor Serum 30ml

(All skin types)

- Enhances production of collagen and hyaluronic acid and prevents future signs of ageing
- Reduces appearance of fine lines/ wrinkles
- Improves skin firmness and elasticity
- Restores hydration and reinforces skin barrier
- Softens the appearance of expression lines



Radical Night Repair 60ml

(All skin types)

- Innovative formulation ensures stability for maximum anti-aging benefits
- Helps improve skin's brightness, reduces appearance/look of brown spots and provides a more even tone
- Provides antioxidant protection against signs of free radical damage
- Combats irritation to help calm and soothe the skin



Illuminating AOX Serum 50ml

(All skin types)

- Delivers advanced, all-day environmental protection against oxidative stress
- Visibly reduces multiple signs of inflammation
- Supports natural cellular repair to ensure optimum skin health
- Restores youthful luminosity to dry, dull and mature skin

Instant Pore Refiner 29g

(All skin types)

- Smooths skin texture, tightens pores
- Reduces surface oil, provides instant matte finish
- Inhibits inflammation, provides antioxidant protection



Wrinkle & Texture Repair (0.5% retinol) 50ml

(All skin types)

- Helps reduce lines and wrinkles in the skin
- Supports a more even skin tone
- Provides antioxidant and anti-irritant properties
- Helps skin renew itself



Self-activating Vitamin C 50ml

(All skin types)

- Helps remove surface discoloration
- Powerful antioxidants help defend against environmental triggers
- Helps minimize the appearance of fine lines and wrinkles



And more...

Firming Serum C 47ml

Enzymatic Peel 50ml

Exfoliation Accelerator 50ml

Retinol Skin Brightener 0.5%

Retinol Skin Brightener 1%

Ask your Clinician for advise



Prevent & Correct Step 2

Pigmentation & Brightening

Brightalive Skin Brightener 50ml

(All skin types)

- Helps brighten and even skin tone
- Helps prevent future damage

Retinol Skin Brightener 50ml

(All skin types)

- Targets skin discolouration and breaks up existing pigmentation
- Brightens skin and helps even skin tone
- Helps prevent future damage
- Antioxidant protection and helps support the repair of the skin



Rosacea

Rozatrol 50ml

(All skin types)

- Advanced amino acid complex helps to restore skin to a more radiant appearance
- Provides mild exfoliation to help smooth skin texture and even skin tone
- Antioxidant protection helps minimize inflammation and damage induced by daily oxidative stress
- Helps replenish hydration and support healthy skin barrier function



Eye care

Growth Factor Eye Creme 15ml

(All skin types)

- Improves the appearance of expression lines + visibly smooths wrinkles
- Increase fibroblast division + production of Type 1 collagen for improved skin density
- Increases skin's content of hyaluronan
- Enhances microcirculation, protects capillary networks from disintegration
- Support overall eye skin health by detoxifying, alleviating puffiness, removing blood pigments that can lead to dark circles and reducing effects of oxidative stress

Eye Brightening Creme 15g

(All skin types)

- Reduces the signs of ageing, puffiness, dark circles & fine lines
- Stimulates collagen production
- Improves skins elasticity

Acne

Complexion Clearing Masque 85g

(All skin types)

- Helps to prevent new blemishes from forming
- Clears pore to reduce acne and avoid clogged pores
- Absorbs excess surface oil
- Can also be used as a spot treatment

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approved Doctors & Nurses.



Protect Step 3



Sun Protection

Sunscreen & Primer SFP30 30ml

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Offers firming peptide
- Doubles as a makeup primer with a universal tint

Smart Tone Broad Spectrum SPF50 45ml

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Offers bronzed glow and lightweight feel
- Inhibits future pigment

Daily Sheer SPF50 45ml

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Offers water and perspiration resistance for up to 80 minutes
- Provides non-greasy, matte finish

Sunscreen & Powder SPF45 3g

(All skin types)

- Light-weight, on-the-go powder sunscreen provides buildable, long-lasting coverage and protection from damage caused by UVA/UVB and HEV light
- Contains oil-absorbing properties and light-reflecting particles, reducing unwanted surface oils and providing a luminous, matte finish
- Soft, unique brush design allows for a smooth application and effortless airbrushed result

Broad Spectrum Sunscreen SPF50 118g

(All skin types)

- Provides UVA/UVB, HEV and IR-A protection
- Soothes skin and minimizes inflammation
- Offers ideal solution for sensitive skin, severe acne and post-procedure care

Programmes

Daily Skincare Programme (For GSR for more advanced programmes & maintenance.)

• Exfoliating Cleanser 60 mL • Exfoliating Polish 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30ml

Complexion Clearing System (For Acne and hyper-pigmented skin)

• Exfoliating Cleanser 200 mL • Exfoliating Polish 65 g • Complexion Renewal Pads 60 Pads • Complexion Clearing Masque 85 g

Wrinkle & Texture Repair System (For moderately to severely wrinkled, pigmented, sun damaged skin.)

• Daily Power Defense 30 mL • Retinol Skin Brightener 30 mL • Brightalive® Skin Brightener 30 mL • Wrinkle + Texture Repair 30 mL

Skin Brightening System (For hyper-pigmented skin, melasma and age spots.)

• Gentle Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30 mL • Brightalive® Skin Brightener 30 mL

Anti-ageing System (For mild to moderately aged skin)

• Exfoliating Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30 mL • Growth Factor Serum 30 mL

Aggressive Anti-ageing System (For moderately/severely aged skin and very sun damaged skin.)

• Hydrating Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Complexion Renewal Pads 30 Pads • Daily Power Defense 30 mL • Radical Night Repair 30 mL • Renewal Creme 50 mL

Normalising System (For red, inflamed skin and for patients with rosacea.)

• Gentle Cleanser 60 mL • Exfoliating Polish Net Wt. 16.2 g • Oil Control Pads 60 Pads • Daily Power Defense 30 mL • Rozatrol® 20 mL

Supporting Skin Health

Skincare & Sunscreen

If you only do one thing to support the health of your skin, apply 50+ SFP to your skin everyday, whatever the weather. Sun damage ages the skin by degrading collagen and elastin, compromises immunity and is the leading cause of skin cancer. Prescription skincare is best to assist skin cells to function effectively, keeping the skin health and young looking.



Stress & Hormones

Stress and hormonal changes such as pregnancy and menopause can lead to significant changes in skin function and appearance. Cortisol, a hormone released during periods of stress, can impact the regulation of other hormones in the body. The decline in hormones associated with menopause can start at anytime in a woman's life and should be discussed with your GP or one of our Clinicians to ensure you are best supported.



Lifestyle, Diet & Exercise

We all know what we should do but rarely consider the impact of lifestyle, diet and exercise on our skin. Proteins are essential for skin cell growth and repair whilst good fats keep skin from getting dry or too greasy. Exercise tones the skin as well as supporting muscles and ligaments. Smoking robs the skin of oxygen and reduces cellular turnover. Small changes can make a big difference so don't delay making that healthy change.



Menopause Treatment

Menopause is frequently overlooked by GP's or treatment delayed. Whilst menopause is a natural process, it can have significant affects on a woman's physical, mental and emotional health, impacting careers, domestic responsibilities and relationships.

Managing menopausal symptoms should be approached holistically, whether that include Hormone Replacement Therapy (HRT) or alternatives.

HRT or not HRT?

HRT (Hormone Replacement Therapy) is a popular treatment for patients experiencing menopause symptoms and is used to supplement the declining oestrogen and progesterone levels during peri-menopause and menopause. HRT was subject to media scrutiny following early release of a poorly conducted study which stated that HRT significantly increased the risk of breast cancer. This has since been disproven and it is considered that the risk of breast cancer is "little to none" in patients without a family history. It's good to know that HRT helps to maintain skin health too and slow the signs of ageing.



HRT Terms

- Transdermal gel and patches are considered the safest route of oestrogen HRT.
- Bio-identical Progesterone is considered lowest risk.
- It is unusual that oestrogen is given without progesterone. When it is, it is termed "unopposed oestrogen."



Anti-depressants & Alternative Medications

Antidepressants can help with mood symptoms if you've been diagnosed with depression or anxiety. There are 2 types of antidepressants – selective serotonin reuptake inhibitors (SSRIs) and serotonin-noradrenaline re-uptake inhibitors (SNRIs).

Clonidine is a prescription medicine that can help reduce hot flushes and night sweats caused by menopause.

Breast Cancer Risks & HRT

A visual representation of the risks of breast cancer associated with Breast Cancer

Understanding the risks of breast cancer



A comparison of lifestyle risk factors versus Hormone Replacement Therapy (HRT) treatment.

Difference in breast cancer incidence per 1,000 women aged 50-59.

Approximate number of women developing breast cancer over the next five years.

NICE Guideline, Menopause:
Diagnosis and management
November 2015

23 cases of breast cancer diagnosed in the UK general population



An additional four cases in women on combined hormone replacement therapy (HRT)



Four fewer cases in women on oestrogen only Hormone Replacement Therapy (HRT)



An additional four cases in women on combined hormonal contraceptives (the pill)



An additional five cases in women who drink 2 or more units of alcohol per day



Three additional cases in women who are current smokers



An additional 24 cases in women who are overweight or obese (BMI equal or greater than 30)



Seven fewer cases in women who take at least 2½ hours moderate exercise per week



What to Expect from Healthcare Professionals

Healthcare Professionals should be addressing menopause care as recommended by the publication below from The British Menopause Society:



Menopause: Guidance for Practice Top Ten Tips

- 1** All women should be able to access advice on how they can optimise their menopause transition and the years beyond. There should be a individualised approach in assessing menopausal women, with particular reference to lifestyle advice, diet modification as well as discussion of the role of HRT.
- 2** In women aged 45 years and over, the diagnosis of perimenopause or menopause should be considered based on their symptoms alone, without confirmatory blood tests.
- 3** HRT should be offered as first line treatment for symptoms related to the menopause including vasomotor symptoms and low mood/anxiety after discussing the short-term and longer-term benefits and risks.
- 4** The decision whether to take HRT, dose and duration of its use should be made on an individualised basis after discussing the benefits and risks with each patient. This should be considered in the context of the overall benefits obtained from using HRT including symptom control and improving quality of life as well as considering the bone and cardiovascular benefits associated with HRT use. No arbitrary limits set on age or duration of HRT use.
- 5** Oestrogen alone HRT is associated with little or no change in the risk of breast cancer while combined HRT can be associated with a small increase in risk of breast cancer. However, this risk is low in both medical and statistical terms, and should be taken in the context of the overall benefits obtained from using HRT including improved quality of life as well as the cardiovascular and bone protective effects associated with HRT.
- 6** Transdermal rather than oral HRT should be considered in menopausal women who are at increased risk of VTE, including those with increased BMI.
- 7** Vaginal oestrogen should be offered to women with urogenital atrophy (including those on systemic HRT) and treatment can be continued for as long as needed to relieve symptoms.
- 8** If HRT with adequate oestrogen intake has not been effective, testosterone supplementation can be considered in menopausal women with low sexual desire.
- 9** Women with Premature Ovarian Insufficiency (POI) and early menopause should be advised to continue HRT until at least the age of the natural menopause.
- 10** Referral to (or seeking advice from) a specialist menopause service should be considered where menopause specialist input is required if:
 - Treatments do not improve menopausal symptoms
 - Ongoing troublesome side effects with treatment
 - Women who have contraindications to HRT
 - Where there is uncertainty about the most suitable treatment options for a woman's menopausal symptoms.

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PUBLICATION DATE: FEBRUARY 2022
REVIEW DATE: FEBRUARY 2025

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Glossary for patients

HRT - Hormone Replacement Therapy

VTE - Venous Thromboembolism (Blood Clots)

BMI -Body Mass Index (Weight in relation to height)

Systemic HRT - Oral medication/patches/gel

Medical Treatments for other symptoms

Hyperhidrosis Treatment (excessive sweating)

Hyperhidrosis or excessive sweating can be an incredibly embarrassing condition, which becomes more prevalent during menopause. Hyperactive sweat glands can be present on any part of the body but most commonly this condition affects the underarms, hands and feet. It can lead to body odour, wet patches on clothes or impracticulaly slippery hands when holding smooth items. Botulinum Toxin can be injected in multiple small blebs under the skin to reduce the activity of these sweat glands and reduce the



Bruxism Treatment

Grinding and clenching teeth is frequently an unconscious habit, often occuring during sleep. It can lead to pain and aching of the jaw, TMJ and headaches. Long term it can result in damage to the teeth and a bulky masseteur muscle. Botulium Toxin can be used to reduce teeth grinding but relaxing the movement of the muscles. Treatment of Bruxism can be with or without a night guard, tailor-made and fitted by our resident Dentist.



Migraine Treatment

Migraines can become frequent and debilitating when menopause strikes. Botulinum Toxin can be injected in multiple points across the face and head to reduce tension on associated nerves that trigger migraine. Many find this treatment to be incredibly effective and able to reduce their migraine days by half.



What you need to know about aesthetics clinics

Whether you choose to have treatment with us or go somewhere else, we believe that only Registered Healthcare Professionals (Nurses, Doctors and Dentists) should perform medical treatments for the following reasons:

- Thorough consultation is key for positive outcomes – It is essential that your injectors understand how your medical history and medications will interact with treatments. Experience in medical assessment, clinical examination, pharmacology, anatomical function, physiological and psychological factors that affect treatment are essential. Many complications can be avoided with good consultation.
- Understanding anatomy is fundamental to reducing complications and enhancing cosmetic outcomes. Treatments can look obvious or overdone when the anatomy, proportions and functions are not respected.
- Complications may require medical input and prescribed medication – Many of the potential complications will require the experience of a Clinician to identify specific infections, sepsis, allergy, vascular compromise and impaired function. Only a Clinician can make a diagnosis and prescribe medication.
- Healthcare Professionals have accountability for their practice – Registered Nurses, Doctors and Dentists have oversight from a Professional body, the NMC, GMC or GDC. If things go wrong, they will be held accountable for what they did or failed to do.

Questions to ask your Clinician

Q. What is your Profession? What is your background?

A. The answer should be; Registered Nurse, Doctor or Dentist.

Q. What specialist training do you have?

A. Your Clinician should be happy to explain their credentials, relevant training and experience, and show training certificates.

Q. Are you insured?

A. A reputable Clinician should have Medical Malpractice insurance and public liability insurance.

Q. Who are you regulated by?

A. Currently there is no legal requirement for regulation of aesthetic clinics but all medical clinics should be registered with the CQC. A reputable aesthetic clinic will be regulated by at least one of the following: CQC, JCCP, SaveFace, ACE, CMAC

Remember: You should never feel pressured to have treatment. Always follow your instinct about whether a Clinician is right for you.

Research and Reflect

Independant resources for further reading on Aesthetics

It's important for patients to conduct their own research from independent reliable resources and know what to expect before having treatment. We appreciate how difficult it can be, so we've put together a list of recommended futher reading.

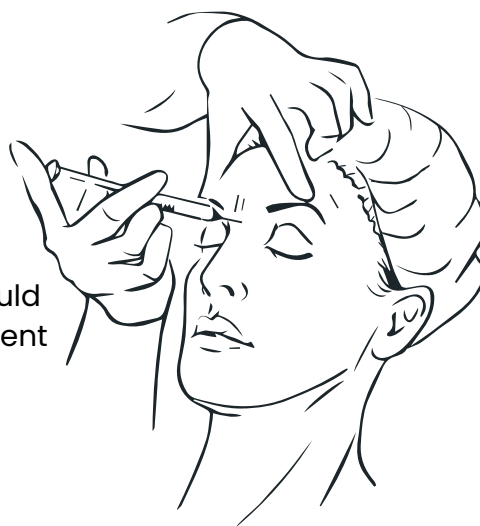
- **NHS** - General advice about non-surgical procedures.
<https://www.nhs.uk/conditions/cosmetic-procedures/>
- **JCCP** (Joint Council Cosmetic Practitioners) - General advice about non-surgical procedures. <https://www.jccp.org.uk/ThePublic/treatments>
- **Save Face** - Information about non-surgical procedures.
<https://www.saveface.co.uk/face-body-treatments/>
- **ACE (Aesthetic Complications Experts)** - Handy leaflets about aesthetic procedures.
<https://uk.acegroup.online/leaflets/>
- **Real Self** - This is a paid for advertising platform for clinics but it has a high volume of patient reviews (good and bad) and before and after photographs for aesthetic procedures, which can be useful for providing a "bigger picture."
<https://www.realself.com>

When is best to have treatment?

Consider the following:

Are you going away in the next 28 days? If so, can you access support if you were to have a concern?

Do you have any important events coming up? You should have treatment at least 28 days before an important event to allow for any side effects to subside.



Why are you having treatment?

Consider the following:

Are you being pressured by a partner or spouse?

Are you being pressured by friends, family or work colleagues?

Are you being honest with yourself and your practitioner about what you hope to achieve?

Have you had multiple procedures and been left dissatisfied each time?

Do you become fixated on certain features and are unable to achieve what you hope?

Have you ever been diagnosed with Body Dysmorphia (BDD) or are you concerned that you might suffer with this?

Research and FQA's

Independant resources for further reading on menopause

It can be difficult when you're given contradictory information about menopause and not all Healthcare Professionals have the most up to date information. Here is a list of independant and current resources to research menopause.

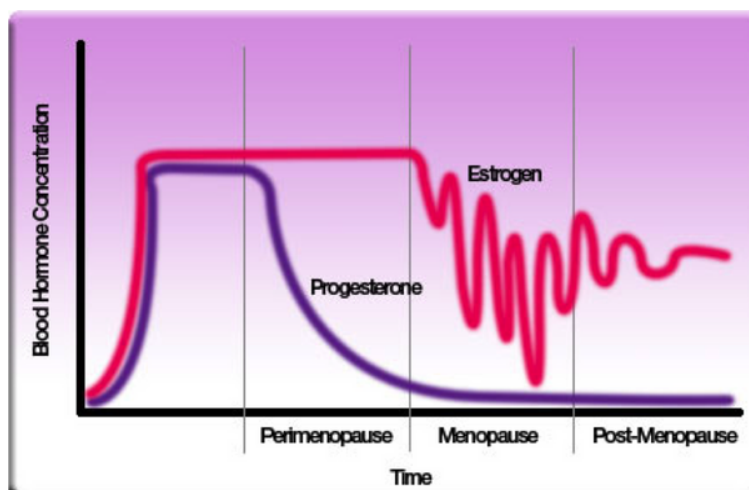
- **NHS** - General advice about non-surgical procedures.
<https://www.nhs.uk/conditions/menopause/>
- **WHC** (Women's Health Concern) - The patient arm of the British Menopause Society
<https://www.womens-health-concern.org>
- **Menopause Info** - Patient arm of the International Menopause Society.
<https://www.smenopauseinfo.org>
- **NICE** (National Institute of Clinical Excellence) - Guidance aimed at Healthcare Professionals but good to understanding the pathway of care in the UK.
<https://www.nice.org.uk/guidance/ng23>
- **WHO** (World Health Organisation) - Global guidance for the management of Menopause.
<https://www.who.int/news-room/fact-sheets/detail/menopause>

My GP says I'm too young for menopause, what can I do?

is a common misconception that Menopause can only occur when when women are 45+ years. In reality women in their teen years, 20's and 30's can experience menopause or peri-menopause symptoms. If your GP won't consider menopause, seek a second opinion, either from another GP or a Menopause Specialist.

My blood results were normal, does that mean it's not menopause?

Due to the daily fluctuating nature of hormones during menopause, blood tests will not always pick up on the times when hormone levels are low. For this reason menopause is considered a diagnosis that should be made based on symptoms. Blood tests can help to confirm diagnosis but cannot exclude it. If your blood tests are "normal," it is still possible to be experiencing peri-menopause.



Claim your Free Skin Consultation

The Medical Skin Clinic was founded by Christina Param-Phillips RGN INP in 2016 to meet a need in the medical aesthetics sector for honest, good quality medical care for cosmetic procedures.

Since this time, the clinic has has grown and developed to meet the needs of the patients and it quickly became apparent that there was a lack of resources for women experiencing menopause. In 2021, The Medical Skin Clinic became a specialist centre for menopausal skin. Employing only skilled Doctors and Nurses for all treatment delivery, the clinic boasts registration with The Care Quality Commission (CQC) and excels in social responsibility projects within the community.

The clinic places the highest value on ethical practice and raising standards in healthcare. Our expert medical professionals are duty bound and personally ambitious to provide honest assessment and effective treatments for our patients. We don't sell, we consult and our consultations are open, honest and treatment recommendations are based on what we believe to be in the patient's best interests.

Regulated by



We believe that only registered Doctors, Nurse Prescribers and Dentists have the required skills and experience to practice aesthetic medicine safely, which is why all our staff are highly skilled, registered healthcare professionals.

Our clinical team love educating patients! If you are still in the research phase, see our list of independent organisations providing information about medical aesthetic procedures and attend a consultation with one of our expert Clinicians for great quality advice, recommendations and an opportunity to ask any questions, with no pressure to proceed with treatment.

Enter code: **FREECONSULT** when booking online
to **claim your FREE Menopausal Skin Consultation**

How to **Book**

www.medicalskinclinic.co.uk

01638 476423

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@themedicalskinclinic



@themedicalskinclinic



@Med_Skin_Clinic

The Medical Skin Clinic,
30 High Street,
Newmarket
Suffolk CB8 8LB

Inspected and rated

Good



Refer a Friend

**and get £50 off your next
treatment, when they have
treatment with us!**



www.medicalskinclinic.co.uk