

What is the Menopause & Perimenopause Service?

San GP Centre offers dedicated Menopause & Perimenopause consultations. These appointments provide extra time to discuss your symptoms, health concerns, treatment options and ongoing menopause care. The service takes a personalised, whole-woman approach to your health and wellbeing.

Who provides the menopause consultations?

Consultations are provided by Dr Bronwyn Edwards, FRACGP, who holds a Master's in Women's Health and has a special interest in women's health, including menopause and perimenopause.

Do I need to have been diagnosed with menopause to book?

No. You do not need a confirmed diagnosis to book an appointment. If you are experiencing changes or symptoms that you think may be related to perimenopause or menopause, you can book a **Menopause Initial – Comprehensive Assessment**.

What happens during the initial consultation?

The 45-minute comprehensive assessment provides dedicated time to discuss your individual symptoms, health history and concerns.

Depending on your needs, the consultation may include discussion of:

- Menopause and perimenopause symptoms checklist
- Menstrual and reproductive history
- Sleep and mood
- Weight and metabolic health
- Bone health and osteoporosis risk
- Cardiovascular health
- Sexual health
- Lifestyle, nutrition and exercise
- Medications and supplements
- Hormone therapy, where appropriate
- Relevant investigations and results
- Referrals to other health professionals, where appropriate

A personalised menopause management plan will be developed based on your individual needs and health priorities.

Why is the initial appointment 45 minutes?

Menopause and perimenopause can affect many areas of your health and wellbeing. The longer appointment allows time for a comprehensive assessment, discussion of treatment options and development of an individualised management plan.

Will I receive a menopause management plan?

Yes. Your consultation will include a personalised management plan based on your symptoms, health history, concerns and treatment preferences. The plan may be updated over time as your symptoms and health needs change.

Will hormone therapy be discussed?

If appropriate, Dr Edwards can discuss hormone therapy, including potential benefits, risks and alternatives. Treatment recommendations are individualised and will depend on your medical history, symptoms and personal circumstances.

Do I need blood tests or other investigations before my appointment?

Not necessarily. Dr Edwards can assess your symptoms and health history during the consultation and determine whether any investigations may be appropriate. If you have recent test results or relevant medical reports, you are welcome to bring them with you.

What should I bring to my appointment?

It may be helpful to bring:

- A list of your current medications and supplements
- Relevant medical information
- Recent investigation or test results, if available
- Any questions or concerns you would like to discuss

Please arrive 5 minutes early to allow time to complete a menopause questionnaire.

What is the Menopause Follow-up appointment?

The **Menopause Follow-up – Ongoing Care & Review** is a 30-minute appointment designed for patients who have already had their initial menopause assessment.

It may include:

- Reviewing your symptoms and progress
- Reviewing the effectiveness of hormone therapy, where applicable
- Discussing any side effects
- Reviewing investigation results
- Reviewing preventative health needs
- Updating your treatment and management plan
- Arranging further referrals, where appropriate
- Planning your ongoing care

Can I book a follow-up appointment as my first appointment?

The **Menopause Initial – Comprehensive Assessment** is recommended for your first dedicated menopause consultation. The Menopause Follow-up is intended for ongoing care after your initial assessment.

If you are unsure which appointment to select, please contact our reception team.

Can my menopause symptoms be monitored over time?

Yes. Your symptoms and overall wellbeing can be reviewed during follow-up appointments. Structured symptom assessments may also be repeated when appropriate to help monitor changes over time.

Is the consultation only about menopause symptoms?

No. Menopause care is about more than managing symptoms. The aim is to support your health and wellbeing through the different stages of the menopause journey, so your consultation may also consider your broader health, including:

- Bone health
- Cardiovascular health
- Metabolic health
- Weight
- Sleep
- Mood
- Lifestyle
- Nutrition and exercise
- Sexual health

Can I be referred to another health professional?

Yes. Where appropriate, your management plan may include referral to other health professionals or specialists.

Do I need a GP referral to book?

No. A referral is not required to book a menopause consultation at San GP Centre.

Can I book a regular GP appointment instead?

If you are specifically seeking a comprehensive menopause or perimenopause assessment, the dedicated menopause service is recommended. These appointments provide additional consultation time to allow for a more detailed assessment and personalised management plan.

How much does the consultation cost?

- **Menopause Initial – Comprehensive Assessment:** 45 minutes - \$350
- **Menopause Follow-up – Ongoing Care & Review:** 30 minutes - \$200

A Medicare rebate will apply, depending on the applicable MBS item, consultation time and your individual Medicare eligibility.

How do I book?

When booking online, select **Menopause Initial** for your first comprehensive assessment or **Menopause Follow-up** for ongoing care.

If you are unsure which appointment is right for you, please contact the San GP Centre team for assistance.

[Book Online via HotDoc](#)

San GP Centre | Suite 202, San Clinic Tulloch 185 Fox Valley Road WAHROONGA NSW 2076

P: +61 2 9480 9700

F: +61 2 9480 9733

E: sangp@sah.org.au

W: www.sangpcentre.com.au