

MENSTRUAL AND MENOPAUSAL HEALTH

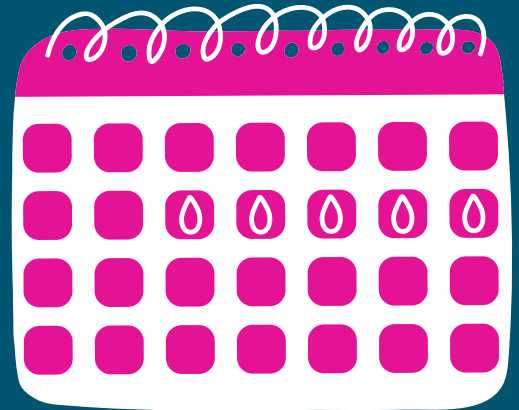
Healthwatch Lincolnshire wanted to understand individuals' experiences of health and care services that support people in Lincolnshire navigating a range of menstrual health conditions e.g. endometriosis and menopause. Common themes persisted throughout the report, with service users and professionals raising the same issues.

450

**service
users**

18

**healthcare
professionals**



DIAGNOSIS



Symptoms being ignored and/or normalised.



Women not being listened to or taken seriously.



Long waiting times.



A lack of knowledge or interest in menstrual and menopausal health among healthcare professionals.



MEDICATION

70%

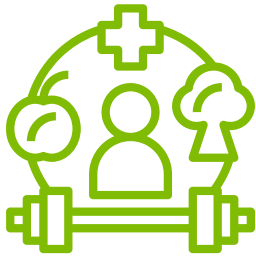


had struggled to get medication that worked for them.

This included HRT shortages and supply issues.

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TREATMENT AND MANAGEMENT



Symptoms were mainly managed via medication. However, service users also highlighted a need for more holistic support to complement the use of medication. There were calls for more emotional and wellbeing support, information on alternative therapies and lifestyle changes.

WHAT WORKS WELL?

1. Quick and easy access to appointments,
2. Interested, knowledgeable and supportive professionals,
3. Being listened to and referred when needed.

Positive experiences tended to be due to interested healthcare professionals as opposed to systems and processes.

MENTAL HEALTH



Both service users and professionals highlighted the impact of menstrual and menopausal health on mental health. It was currently felt that this impact was often not acknowledged nor was appropriate support offered.

WHAT COULD BE IMPROVED?

1. Listening to service users and taking them seriously.
2. Quicker access to diagnostic tests.
3. Review training for healthcare professionals, on menstrual health and menopause.
4. Information on how to wait well whilst waiting for additional tests.



THANK YOU

Thank you to everyone who shared their experiences. The findings of this work have already been used to support the development of the Women's Health Strategy and Health Hub for Lincolnshire.