



THE MENOPAUSE
CLINIC

Bio-identical Hormone Replacement
Therapy, Anti-aging from within.



About Deborah Vines

Thank you for choosing The Menopause Clinic. The clinic is run by Deborah Vines, who is also the Owner and Founder of the Face Medical Clinic, and has specialised in both bio-identical Hormone Replacement Therapy (BHRT) and Aesthetics for over 15 years.

Deborah practices a unique approach to optimise health and wellbeing. This approach combines education, personalised treatment plans, and the highest standards of care to replenish and balance both hormones and overall health - achieving optimal empowerment, restoring energy and happiness, and providing life-changing results for her patients.



Your Health & Hormones

It is really important (for both women and men) that we have a balanced endocrine system – when our hormones are balanced we feel more in control, we are much healthier, and our energy levels are a lot higher.

Balancing our hormones can be much easier said than done as we get older because there is a natural decline in hormones such as oestrogen, progesterone and testosterone as we age.

After your consultation and blood tests you will be prescribed bespoke medication to suit your specific hormonal needs.

The following hormones can be compounded into a cream or a lozenge:

Oestrogen - helps with hot flushes.

Progesterone - helps with anxiety (calming hormone and also treating younger patients with PCOS).

DHEA - helps with fatigue & wellbeing.

Testosterone - helps with low libido.

We can also prescribe **Vitamin D** capsules.



What Are Bio-identical Hormones?

Bio-identical hormones are plant based, extracted from Soya & Yams. They are made from plant oestrogens and based on a substance known as “Diosgenin”.

Bio-identical Hormones have the same chemical and molecular structure as the naturally occurring hormones produced in the body. As a result, they fit the hormone receptor sites perfectly, so their messages are translated properly and their effects are more consistent with the normal biochemistry of the body. The body does not recognise bio-identical hormones as foreign, so side-effects are less likely.

Compounded Bio-identical Hormone Replacement Therapy is another term for what is referred to as customised or bespoke Bio-identical Hormone Replacement Therapy. It is called compounded BHRT because it is produced in a compounding pharmacy. They are using the same active hormones used in licensed BHRT, and instead these are compounded specific to the patient's dose requirements made under strict regulation by the General Pharmaceutical Council (GPhC).





Hormone Health Checks At The Menopause Clinic

Patient journeys for both men and women at The Menopause Clinic will start with an in-depth and comprehensive consultation with Deborah Vines, which will cover your medical history, lifestyle factors, nutrition and health risks, as well as any other queries or concerns that you may have about the treatment.

The next step is a set of blood tests, which assess your hormone and vitamin D levels.

Additional tests for women may be recommended, which include: mammogram, ultrasound scan of the uterus, and a DEXA scan for bone density.

Initial blood tests will be carried out at The Menopause Clinic, but if extra testing is required then this may be referred subject to a patient's needs. If the tests determine that a patient could benefit from BHRT, then Deborah will create a bespoke and custom-tailored treatment plan including hormones and supplements.

Many men and women voice that they feel much better on bio-identical hormones; recent American research also estimated that between 30-60% of post-menopausal women receiving hormone replacement treatment are taking some form of BHRT.



The Menopause Clinic Treatment Schedule



Initial Consultation 60 minutes

£250

During your appointment, Deborah will spend time taking a full medical history and recording all the symptoms that you may be experiencing.

You will also be given the opportunity to ask any questions regarding bio-identical hormones and your treatment here at the clinic.

Blood test, Analysis and Prescription Service

£245

Following your initial consultation, Deborah will need to perform a blood test to determine your current hormone levels; the results from this will also act as a baseline.

Telephone Consultation (one week after your Consultation & Blood Tests)

no
cost

During this telephone appointment, Deborah will give you the results of the blood tests from your first consultation. She will then advise you of any medication that is needed, and address any symptoms identified by your blood results and symptoms.

Should treatment be required, Deborah will write and order your personalised prescription and instruct you how to contact the Compounding Pharmacy to order your medication. This prescription will last for two months.



Pricing

Two Month Review (via telephone)



This review will enable Deborah to assess your progress and make any adjustments to your medication as necessary. Deborah will write a further two prescriptions, lasting for four months.

You will have the opportunity to ask any further questions that you may have regarding your BHRT treatment.

Six Month Review (either via telephone or clinic visit) (£245 if further blood tests required)



This six-month review will enable Deborah to give you a full assessment of your treatment and to perform any further testing if required and to determine your progress.

Deborah may also advise additional testing, such as a mammogram, ultrasound scan of the uterus, and a DEXA scan for bone density, depending on your symptoms and test results. We have the facility to refer you if required to appropriate trusted partners if necessary.

Ongoing Reviews (via telephone) – 15 minute call



This will enable Deborah to review your progress and make any adjustments to your treatment plan.

Throughout your journey at The Menopause Clinic, you will consult with Deborah in the clinic, or via the telephone, as well as having blood tests to help her diagnose and treat your symptoms.

Please note: blood tests are charged separately and the cost of your medication is payable to the Compounding Pharmacy.

Depending on what hormones are compounded into either a cream or a lozenger your medication will cost between £90 and £130 for every two months supply. This may rise if additional medication is prescribed or the amount of hormones being prescribed rises above the limits that can be compounded which in total is 100mg in cream and 400mg in lozenges.



If you are experiencing any of the following, then you may benefit from BHRT with Deborah Vines:

- Hot flushes
- Depressive symptoms
- Low Mood
- Mood swings
- Memory loss
- Low libido
- Difficulty sleeping
- Night sweats
- Sexual dysfunction
- Osteoporosis
- Wrinkled skin
- Dry skin

Contact

For more information, or to book your initial BHRT consultation with Deborah Vines at The Menopause Clinic, simply get in contact via the details below:

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