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e-update

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A word from the Chair

Prescribing testosterone in women is a common question asked by nurses and doctors attending any educational event where menopause is being discussed. This has been more frequently asked since the publication of the NICE guideline (NG23) which includes the comment 1.4.8: *Consider testosterone supplementation for menopausal women with low sexual desire if HRT alone is not effective.*

- > [Menopause: diagnosis and management \(NG23\)](#)

Libido problems are a complex issue to manage and often result from a combination of factors which need exploring before expecting testosterone treatment to improve partnership or other 'life' issues. But there are many women who would benefit from treatment with testosterone if correction of their oestrogen deficiency with HRT has not provided enough improvement and all other factors have been considered.

Unfortunately there is currently no licensed product for testosterone in the UK and there is no clear guidance about its use. Because of these concerns many women are currently getting a disservice, which can have an effect on their own health and well-being as well as an adverse effect on their relationship with their sexual partner. This is often a particular concern for those women who are menopausal at an earlier age.

The licensed product we do have in the UK is for male use. The main concerns about using this in women are that not only would this be done on an unlicensed basis, but that the side effects of using too much can be irreversible.

The attached articles written by Louise Newson, menopause expert and PCWHF board member for the West Midlands, provide good recommendations on the use of testosterone and also about management of GSM (genito-urinary symptoms of the menopause). They are really useful to remind us about the importance of supporting and managing women who present to us with these problems.

> [Testosterone Use](#)

> [Management of GSM](#)

Sarah Gray, who is a well-known and highly respected GP specialist in women's health, one of the founder members of the PCWHF and board member for the South West, has written 10 Top Tips for use of testosterone in primary care. These really useful and important recommendations should be shared with your practice team and can be found along with our other Top Tips for primary care on the website.

> [Top Tips on Testosterone](#)

Anne Connolly
Chair of the Primary Care Women's Health Forum

GUIDANCE

Guidance on menopause and the workplace have been written by the Faculty of Occupational Medicine of the RCP, following a request by the Chief Medical Officer as a result of the publication of her report in 2014 – The Health of the 51% - Women

> [Guidance on the menopause and the workplace](#)

> [Menopause Focus Infographic](#)

The FSRH Clinical Effectiveness Unit have published the contraception post-pregnancy guideline.

> [Contraception after pregnancy](#)

This excellent guideline includes sections on contraception post-partum, post-miscarriage and post-abortion. It includes the latest UKMEC changes but also updates the advice about the importance of starting contraception promptly for those women who do not wish to conceive again soon.

We all need to consider how, when and who is offering advice and contraceptive provision for these women, appreciating how soon fertility returns in each instance.

The FSRH have a webinar on this subject on 28th February 2017.

> [FSRH Webinars](#)

> [FSRH CEU guideline – drug interactions with hormonal contraception](#)

USEFUL RESOURCES

> [Fact sheet for Healthcare Professionals on Human papillomavirus \(HPV\) vaccination and Cervical Cancer: Addressing the myths](#)

> [Infographic on reduced foetal movements](#)

Useful educational resource developed by the HELP group on diagnosis and management of Heavy Menstrual Bleeding, including presentation by Sarah Gray, PCWHF board member for South-West.

> [Heavy Menstrual Bleeding](#)

PAPERS

> [Testing of STIs in non GUM settings](#)

> [BJOG paper: Painful sex \(dyspareunia\) in women: prevalence and associated factors in a British population probability survey](#)

Another excellent article written by Louise Newson; GP menopause expert and PCWHF board member for West Midlands.

> [Myths and misconceptions of HRT and the menopause](#)

> [Skin conditions of the vulva](#)

PATIENT INFORMATION LEAFLET

> [RCOG PIL ovarian cysts before the menopause](#)

EVENTS

A One Day Update on Gynaecology annual conference.

The National Association for Premenstrual Syndrome (NAPS) Conference will provide you with a one day update on gynaecology, presentations from eminent speakers together with interactive workshops and discussion groups. The conference is aimed at GPs, GP Registrars, Practice Nurses, GPwSI in women's health and Hospital Doctors.

10% Early Bird Discount is available

What to expect

Those attending will join a number of expert sessions, about current affairs and topic areas in Gynaecology. The practical workshops provide further opportunities to share best practice with other healthcare professionals. Delegates will also benefit from 5 hours of certified CPD.

Friday 12th May 2017

St John's Hotel, Solihull

> [Register](#)

REQUEST BY FSRH

Contraception Priority Setting Partnership: Take Part in the Survey

The Contraception Priority Setting Partnership (PSP) launches its second survey to whittle down its long list to 25 research uncertainties.

On Monday 13th February the Contraception PSP's second survey went live. Since the close of the first survey, in which over 200 service users and healthcare professionals proposed approximately 500 questions that they want contraceptive care research to address, the Steering Group have followed the JLA process to arrive at a long list of 57 verified unanswered research questions.

Now, once again we are asking service users and healthcare professionals to tell us which of these 57 questions they think are most important for research to answer by ranking their top 10.

We want to hear from:

- Individuals and their partners, who are using, have used or have thought about using contraception.

- Healthcare professionals who provide contraceptive information, support and/or care.

From this ranking we hope to arrive at 25-30 questions that will be taken to the Contraception Priority Setting Partnership's final prioritisation workshop on Friday 21st April.

The survey will run until 13th March 2017.

- > [Rank the unanswered research questions](#)
- > [Read more about the Contraception PSP](#)
- > [Read more about the James Lind Alliance process the Contraception PSP has followed](#)



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