

**Menopause: diagnosis and management (update) Guideline Committee Meeting 16**

**Date:** Monday 17 June 2024

**Location** Hybrid meeting  
In-person Attendees: NICE Offices, Stratford  
Virtual participants: Joined via Zoom

**Minutes:** **Final**

<b>Attendees:</b>		
<b>COMMITTEE MEMBERS:</b>		
Gillian Baird (Chair)		Present for notes 1-6
Martha Hickey (Topic Adviser)		Present for notes 1-6
Kathy Abernethy		Present for notes 1-6
Gillian Reeves		Present for notes 1-6
Anne Armstrong (Cooptee)		Present for notes 1-6
Eef Hogervorst (Cooptee)		Present for notes 1-6
Jenny Van Heerden (Cooptee)		Present for notes 1-6
Sadaf Ghaem-Maghami (Cooptee) (Remote attendee)		Present for 1-5.2 and 5.4-6
Anita Sharma (Cooptee) (Remote attendee)		Present for notes 1-6
Hayley Berry (Cooptee) (Remote attendee)		Present for notes 1-6
Karina Bowkett (Cooptee) (Remote attendee)		Present for notes 1-6
Sarah Hillman (Cooptee) (Remote attendee)		Present for notes 1-5.1 and 6
Nina Kuypers (Cooptee) (Remote attendee)		Present for notes 1-6
Louise Massey (Cooptee) (Remote attendee)		Present for notes 1-6
<b>NICE:</b>		
Katharina Dworzynski	Topic Lead	Present for notes 1-6
Tamara Diaz	Project Manager	Present for notes 1-6
Agnesa Mehmeti	Systematic Reviewer	Present for notes 1-6
Stephen Murphy	NICE Clinical Adviser	Present for notes 1-6
Marie Anne Ledingham	NICE Clinical Adviser	Present for notes 1-6
Clifford Middleton	Guideline Commissioning Manager	Present for notes 1-5.2
Louisa Regan	Implementation Support Manager	Present for notes 1-6
Astrid Aregui (Remote attendee)	Senior Medical Editor	Present for notes 1-6
<b>OBSERVERS:</b>		
Georgina Fletcher	Media Relations Executive, External Communications Team	Present for notes 1-6
<b>EXTERNAL PARTICIPANTS</b>		
Alexandra Freeman	University of Cambridge	Present for note 3
Leila Finikarides	University of Cambridge	Present for note 3
Julian Treadwell	GP Evidence	Present for note 3

<b>APOLOGIES</b>	
Lorraine Griffiths	GC member
Esther Clifford	Project Manager
Roopen Arya	Co-opted GC member
David Armstrong	Co-opted GC member

### 1. Welcome, housekeeping, aims of the day and apologies

The Chair welcomed the Committee members and attendees to the 16<sup>th</sup> guideline committee meeting on menopause: diagnosis and management (update).

The Chair asked the committee to review the minutes and the minutes were confirmed as accurate.

The Chair requested any new declarations of interest to be shared with the group. Given the interests declared, the majority could fully participate, 1 of the members was able to answer questions and give explanations when topics relate to research authored by her (but not finalise recommendation wording) and another member was excluded from discussions related to HRT (5.2 to 5.6 below).

<b>Name</b>	<b>Role</b>	<b>Declaration</b>	<b>Type of interest</b>	<b>Decision making</b>
Professor Eef Hogervorst	Cooptee	Invited to speak at Conference by Andrea Genazzani at the 16th ESG Congress <a href="https://esg2025.esgynecology.org/">https://esg2025.esgynecology.org/</a> registration travel and hotel refunded). For the symposium: Women aging risks - J. Stevenson (GB): The impact of HRT on cardiovascular risk - E. Hogervorst (GB): The national guidelines on MHT for prevention of dementia stroke	Direct – non-financial professional and personal interests	Specific. Declare and participate. Rationale: Whist this is relevant to the scope of the 2024 guideline update, the wider topic of dementia prevention and the role of HRT in relation to this was not.
Professor Eef Hogervorst	Cooptee	Published paper on stress, anxiety and depression in cohort of women of different menopausal stages invited for special issue Women in psychiatry Front. Psychiatry, 22 February 2024  <a href="https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2024.1323743/full">https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2024.1323743/full</a>	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.
Professor Eef Hogervorst	Cooptee	Accepted journal paper on body image with PhD student Differences in Menopausal Quality of Life, Body Appreciation and Body Dissatisfaction Between Women at High and Low Risk of an Eating Disorder" in journal Brain and Behaviour.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the

				guideline.
Professor Eef Hogervorst	Cooptee	Will be trying to publish data of meta-analyses for sleep and yoga not related to NICE.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.
Dr Gillian Reeves	Committee member	I delivered a talk about findings on risk factors for cancer from the Million Women Study to the Oxford Oncology Department.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.
Ms Kathy Abernethy	Committee member	Advisory board to Astellas, discussing the indications for Fezolinetant compared to users of HRT, Fezolinetant is not included in the guidelines and is subject to separate NICE Technology Appraisal later.	Direct - financial	Non-specific. Declare and participate. Rationale: Fezolinetant is non-specific to the scope of the guideline.
Ms Kathy Abernethy	Committee member	Advisory board to US company around HRT use compared to over counter use in UK.	Direct – financial	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.
Ms Kathy Abernethy	Committee member	Article for Noom app on testosterone use in women.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.
Ms Kathy Abernethy	Committee member	Pending article in Daily Telegraph around the topic which is sometimes described as “meno washing” – selling products under label as menopause, which have little or no evidence	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.
Ms Kathy Abernethy	Committee member	Publication of my work in Maturitas journal The impact of a specialist-led digital health application on menopause symptoms in the workplace: A single-arm, longitudinal evaluation.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the

				scope of the guideline.
Professor Martha Hickey	Topic adviser	World Health Organisation – invited to help develop global self-care guidelines for menopause.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: The topic of the is outside the scope of the guideline update.
Professor Martha Hickey	Topic adviser	Presentation at University of Helsinki on menopause (related to the Lancet publications separately cited in the interest register).	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This topic is broader than the specific issues covered in the guideline update.
Professor Martha Hickey	Topic adviser	Presentation at Karolinska Institute on menopause (related to the Lancet publications separately cited in the interest register).	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst the topics broadly relate to the scope of the guideline update, the accepted publications are broader than what was covered in the guideline.
Professor Martha Hickey	Topic adviser	Presentation at Turku university on Menopause (related to the Lancet publications separately cited in the interest register).	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Whilst the topics broadly relate to the scope of the guideline update, the accepted publications are broader than what was covered in the guideline.
Professor Martha Hickey	Topic adviser	Menopause Priority Setting Partnership. I have been leading this global initiative for a couple of years (42 countries) but we are now coming to the end. Anticipating the “top 10” research priorities for October 2024. Some of these may overlap with NICE	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is non-specific to the scope of the guideline.

		research priorities.		
Dr Sarah Hillman	Committee member	Receiving payment from the pharmaceutical company Besins (that manufacture HRT) to attend the IMS conference in Melbourne.	Direct – financial	Specific. Partial exclusion from the final meeting 17/06/24 in relation to HRT related topics. Rationale: This is direct financial funding from industry to attend a conference in Australia.
Dr Sarah Hillman	Committee member	Advanced fellowship application based around the best ways to discontinue HRT through to interview for the NIHR.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Discontinuing HRT is outside the scope of the update.
Dr Sarah Hillman	Committee member	Presenting on 'exploring inequalities in menopause care in General Practice (GAP) using qualitative methodology' at SAPC conference.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: Menopause GAP is outside the scope of the update.
Dr Sarah Hillman	Committee member	Part of the Janes Lind Priority setting partnership.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Menopausal and Queer – Keynote. <i>It did not provide any reference to NICE guidance updates.</i>	Direct - financial	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	NHS Kent – Menopause, nobody left behind. <i>It does not provide any reference to NICE guidance updates.</i>	Direct - financial	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.

Nina Kuypers	Lay member	Marginalised and Menopause conference – Panellist speaker. <i>It did not provide any reference to NICE guidance updates.</i>	Direct - financial	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	The James Lind Alliance (JLA) - The Menopause Priority Setting Partnership (MAPS) group steering group committee member.	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	NHS Wales Equality Week – Inclusive Menopause. <i>It did not provide any reference to NICE guidance updates.</i>	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	4M Conference Oral presentation – ‘Reshaping the Menopause Landscape’. <i>It does not provide any reference to NICE guidelines updates.</i>	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Unleashing the Power of Informed Decision-Making   Menopause - APPG on Women’s Health parliamentary roundtable. <i>It did not provide any reference to NICE guidance updates.</i>	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Eclipse Report – New data showing a big gap in access to hormone replacement therapy for ethnic minority women and those from economically deprived backgrounds. APPG on Women’s Health parliamentary. <i>It did not provide any reference to NICE guidance updates.</i>	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the guideline.
Nina Kuypers	Lay member	Menopause-focused roundtable that took place at No.10 International Women’s Day with the theme ‘inspire inclusion’. <i>It did not provide any reference to NICE guidance updates.</i>	Direct – non-financial professional and personal interests	Non-specific. Declare and participate. Rationale: This is not specific to the scope of the

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<b>2. Overview and update</b>
The team provided an update about actions since the last meeting, including a summary of the independent review of 2 evidence reports.
<b>3. Patient decision aids and GP decision tools</b>
An overview of the work from the Winton Centre was presented to the committee. There was also work presented related to the existing GP Evidence PDA and how it could be updated. Additionally, a discussion was held on the progress of NICE work on a decision support document.
<b>4. Proposed new research recommendation</b>
A draft research recommendation on coronary heart disease was proposed. The group agreed on including this item and discussed the wording and study details.
<b>5. Guideline queries following consultation</b>
The following areas were discussed, and the group agreed on responses to stakeholder comments and edits to the draft guidance:
<ul style="list-style-type: none"> <li>5.1 Standard therapeutic dose</li> <li>5.2 Breast cancer oestrogen only HRT</li> <li>5.3 Breast cancer combined HRT</li> <li>5.4 GU Symptoms and breast cancer recurrence</li> <li>5.5 Endometrial cancer</li> <li>5.6 Early menopause</li> </ul>
<b>6. Next steps / summary of actions/ key dates and activities</b>
Gillian Baird, Committee Chair summarised the actions and next steps and thanked the committee for their support during the development of the guideline. There are no further planned meetings for this committee as we proceed into the validation stage.