

1. What is the NICE Guideline on the Diagnosis and Treatment of the Menopause?

You can find out all about NICE, The National Institute for Clinical Excellence on their website <https://www.nice.org.uk/about>

The role of NICE is to improve outcomes for people using the UK NHS and other public health and social care services. They do this by:

- Producing evidence based guidance and advice for health, public health and social care practitioners.

In November 2015 NICE published the first ever Guideline on Menopause following a two year scoping and development process with an independent development group consisting of Health Professionals and patient representatives. This is a big step forward for patients suffering from peri-menopausal symptoms, menopause and post menopausal symptoms including those who have had a sudden onset menopause due to cancer treatment.

The draft guideline was made available to registered stakeholders who included pharmaceutical companies, patient representative groups, charities, members of the public and smaller niche-product companies such as The Yes Yes Company. We were allowed to comment on the draft and some amendments were made as a result of this stakeholder involvement.

You can find the final complete guideline here <http://www.nice.org.uk/guidance/ng23>

This document provides evidence based recommendations for all aspects of menopausal symptoms and is 29 pages long. It is intended mainly for Health Professionals.

This document includes recommendations for Urogenital Atrophy (also known as Vulvar Vaginal Atrophy, Vaginal Atrophy or simply Vaginal Dryness).

2. What are my rights as a NHS Patient in terms of the care I receive from my Health Care Professional?

We have found that some of our customers are concerned about expressing a preference for a product which they believe will bring some relief to their symptoms of intimate discomfort, so we looked on the NICE website to see if we could find anything about your rights and needs when you see a GP or Consultant. We found this on Making Decisions about your care:

<http://www.nice.org.uk/about/nice-communities/public-involvement/your-care>

Your care: Making decisions about your care

The care and support you receive should take into account your needs and preferences.

You have the right to be involved in discussions, and make decisions about your treatment and care, together with your health or care professional.

Information explaining your treatment and care should be given in a way you understand.

Your health or care professional also needs information about you:

What matters to you? What is most important for you? What are you really worried about?

Health and care professionals should support your choice wherever possible. They should recognise that each person is an individual, with their own needs, wishes and priorities. They should also treat everyone they care for with dignity, respect and sensitivity.

On Page 3 of the NICE Guideline on Menopause the first paragraph reads:

Recommendations

People have the right to be involved in discussions and make informed decisions about their care, as described in [your care](http://www.nice.org.uk/about/nice-communities/public-involvement/your-care). <http://www.nice.org.uk/about/nice-communities/public-involvement/your-care>

[Making decisions using NICE guidelines: https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines/making-decisions-using-nice-guidelines](https://www.nice.org.uk/about/what-we-do/our-programmes/nice-guidance/nice-guidelines/making-decisions-using-nice-guidelines) explains how we use words to show the strength of our recommendations, and has information about safeguarding, consent and prescribing medicines (including 'off-label' use).

We hope that you will be reassured by reading more on your rights as a patient within the NHS.

Text in light blue is quoted directly from NICE