

Accessing Support: Medically Induced Menopause

Cancer treatment such as surgery and chemotherapy can induce menopause earlier than it might naturally have occurred. Going through the menopause as a result of your treatment can be difficult emotionally and is not helped by the fact that much of the conversation around menopause is focused on naturally occurring cases. By understanding what medically induced menopause is, how you can try and manage its symptoms, and where you can reach out to for support, you give yourself a good foundation for navigating the emotional and physical challenges that can arise in this time.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

Balance

Website of Dr Louise Newson, a menopause specialist. The site contains a library of informational resources, and a link to the “Balance app” which allows you to track symptoms, log moods and medications, and meditate using your phone.

The website also has a hormone health hub containing over 200 educational articles about perimenopause, menopause, symptoms, treatments, PMS, PMDD, and other lifestyle advice.

Website Link: <https://www.balance-menopause.com/balance-for-cancer-support/>

British Dietetic Association

Nutrition guidance from the British Dietetic Association provides meal suggestions for managing some of the challenges brought about by menopause such as weight gain, bone health and heart health.

Top ten nutrition tips for the menopause: <https://www.bda.uk.com/resource/top-ten-nutrition-tips-for-the-menopause.html>

Menopause and diet: <https://www.bda.uk.com/resource/menopause-diet.html>



Breast Cancer Now

A website containing information on menopause and breast cancer. It includes a booklet and video discussing menopausal symptoms and strategies to cope with them.

Website link: <https://breastcancernow.org/information-support/facing-breast-cancer/going-through-treatment-breast-cancer/side-effects/menopausal-symptoms-after-treatment>

Link to booklet: [Menopausal symptoms and breast cancer \(BCC18\) \(breastcancernow.org\)](#)

Daisy Network

A charity providing information on medically-induced menopause as well as supportive networking groups and one-to-one support from volunteers with lived experience.

Website link: <https://www.daisynetwork.org/>

Future Dreams

A breast cancer charity which provides practical, emotional, and psychological support for those diagnosed with breast cancer. The 'Information Hub' section of their website covers a range of topics including medically induced menopause with information sheets, advice, patient stories, and support.

Website Link: [Future Dreams | In-person and virtual breast cancer support](#)

Macmillan

An online article with practical tips on how to reduce and manage certain menopausal symptoms.

Website Link: <https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/menopausal-symptoms-and-cancer-treatment>

Menopause Matters

A website containing a paid magazine subscription but also several free online educational resources. The Menopause Matters forum allows you to access advice and emotional support from those with similar experiences.

Website Link: <https://www.menopausematters.co.uk/>

The Menopause and Cancer Podcast

A podcast which discusses cancer and menopause related mental/physical/sexual health and more. Menopause after cancer can make people feel left out of the bigger menopause conversation, but this podcast is aimed specifically at those affected by cancer-related menopause.

Website Link: [Menopause and Cancer Podcast - Menopause and Cancer with Dani Binnington](#)

Ovacome

A national charity providing advice and support to people with ovarian cancer. They give information about symptoms, diagnosis, treatments and research. Ovacome have a booklet on surgical menopause in the context of ovarian cancer. The booklet contains information on symptoms, side effects and HRT.

Website Link: <https://www.ovacome.org.uk/surgical-menopause-booklet>

The Menopause Charity

Evidence-based information prepared by a UK menopause charity advising on symptoms and treatments, all of which are downloadable as PDFs.

Website Link: <https://www.themenopausecharity.org/menopause/>

The Royal Marsden Adult Psychological Support Service

The Adult Psychological Support Service hosts a for participants aged 18+ who are under the care of The Royal Marsden and have experienced menopause due to cancer or its treatment. Participants should be in active cancer treatment, or within two years of completing active cancer treatment. Sessions involve a short talk on topics such as cognitive changes, hot flashes, or the psychological effects of menopause. There is then a chance for attendees to discuss the topic of the week and share more general ideas around coping with the challenges of medically induced menopause.

For more information please email: Psychological.SupportAdmin@rmh.nhs.uk

Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing Psychological.SupportAdmin@rmh.nhs.uk or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

Additional support services

Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: [Find NHS talking therapies for anxiety and depression - NHS](#)

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email Psychological.SupportAdmin@rmh.nhs.uk.



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email Psychological.SupportAdmin@rmh.nhs.uk or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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