



Matt Kean

Treasurer

Bronnie Taylor

Minister for Women
Minister for Regional Health
Minister for Mental Health

Brad Hazzard

Minister for Health

MEDIA RELEASE

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MENOPAUSE HEALTH HUBS OPENING IN NSW

Women living with severe symptoms of menopause will be able to access specialised care at four Australian-first health hubs, with another 12 services to open across the state, thanks to the NSW Government's \$40 million 2022-23 Budget commitment over four years.

The four menopause hubs include two enhanced services now open at The Royal Hospital for Women and Royal North Shore Hospital, a new hub established at Campbelltown and a rural network hub led by Hunter New England in 2023.

Treasurer Matt Kean said the services had been designed by clinical experts and women who had experienced severe symptoms of menopause, as part of a statewide taskforce.

"These networked hubs and services will be staffed by doctors, allied health professionals and nurses who will support women across NSW by providing the most up-to-date, specialised care," Mr Kean said.

"For women who are experiencing severe symptoms or are going through menopause early, such as after cancer treatment, these services will provide much-needed support, advice and care during a very challenging time."

Minister for Women and Regional Health Bronnie Taylor said about 50 per cent of women experience significant menopause symptoms, including hot flushes, headaches, brain fog, loss of word memory, body aches and pains and insomnia, while around one in five women suffer extreme symptoms.

"Many women suffer these symptoms in silence and do not seek the support and treatment they need. We want to break down the social stigma around talking about menopause and encourage women to share their experiences," Mrs Taylor said.

"To start the conversation we have launched an awareness campaign and a [Menopause Toolkit](#), which provide clear information about perimenopause and menopause, as well as information about accessing services in NSW."

Minister for Health Brad Hazzard said the network of menopause services across the state will also help women manage the longer term health risks associated with

menopause, such as osteoporosis, heart disease and high blood pressure.

“This network of 16 menopause health services will support about 5,500 women each year as they face the daily challenges of living and working while enduring menopausal symptoms and associated health risks,” Mr Hazzard said.

“These services offer both in-person and virtual care to give women choice about how they receive care and manage their symptoms.”

Parliamentary Secretary to the Premier and Member for Vaucluse Gabrielle Upton said the menopause hubs would provide much-needed support to women in NSW communities at a time of change in their lives.

“The NSW Government is providing substantial investment to support women going through severe menopause and it’s fantastic to see this hub open at the Royal Hospital for Women to support women in our local community,” Mrs Upton said.

Associate Professor John Eden, Reproductive Endocrinologist and Director Sydney Menopause Clinic, Royal Hospital for Women said most women experiencing severe menopausal symptoms are not receiving any treatment however these unpleasant symptoms can be safely and effectively managed.

All 16 networked menopause services are expected to be operational by late 2023.

Women can access the specialised menopause services through their general practitioner.

MEDIA: Lucy Hughes Jones | Treasurer | 0400 436 797
Rory Cunningham | Minister Taylor | 0457 674 099
Nicolette Kormendy | Minister Hazzard | 0429 064 897