

Your Guide to Menopause Care

Dr. Sonia Verma

MBChB, MRCP (UK), MRCGP, FRACGP, DFFP, DRCOG

Menopause is a natural stage of life, but for many women it can bring symptoms that affect health, confidence and wellbeing. At the Menopause Treatment Clinic, we understand how challenging this time can be, and we're here to help you navigate it with clarity, compassion and evidence-based care.

Dr. Verma, with over 20 years experience in women's health, offers personalised treatment plans designed to restore balance and improve quality of life.



BOOK AN APPOINTMENT WITH DR. SONIA VERMA

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What is Perimenopause?

This is the natural transition phase leading up to menopause. It usually begins in the mid-40s, though it can start earlier or later. During this time, hormone levels (oestrogen and progesterone) fluctuate, causing irregular periods and the first signs of menopausal symptoms. Some women may experience very heavy or very light periods, while others notice mood changes, hot flushes or poor sleep.

Perimenopause can last from a few months to several years. Many women describe this stage as the most unpredictable.

Understanding Menopause

What is Menopause?

Menopause is the point in time when you haven't had a menstrual period for 12 consecutive months. The average age in Australia is 51 years, but it can happen earlier (before 40 = premature menopause; before 45 = early menopause).

At this stage, the ovaries produce very little oestrogen, and many symptoms may peak in intensity. Some women experience relief from symptoms once periods stop, while others continue to have symptoms for several years.

What is Post-Menopause?

Post-menopause refers to the years after menopause. Symptoms like hot flushes, night sweats and mood changes often settle with time, but other health considerations become more important:

- Heart health (oestrogen decline can raise cardiovascular risk)
- Bone health (osteoporosis risk increases)
- Vaginal and urinary changes (dryness, recurrent urinary infections, incontinence)
- Regular health checks, lifestyle strategies, and (where appropriate) medical therapies are key in this stage to maintain long-term wellbeing.



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Did You Know?

Most women in Australia reach menopause between 45 and 55 years of age, with the average around 51 years.

Symptoms of Menopause



HOT FLASHES



SLEEP PROBLEMS



REDUCED LIBIDO



NIGHT SWEATS



MOOD SWINGS,
ANXIETY,
IRRITABILITY



VAGINAL DRYNESS,
DISCOMFORT
DURING INTIMACY



WEIGHT GAIN
OR BODY SHAPE
CHANGES



BRAIN FOG /
DIFFICULTY
CONCENTRATING



JOINT ACHES
AND
STIFFNESS



Less Common Symptoms

While less common, these are also linked to hormonal changes:

- Tingling in the hands or feet
- Palpitations (awareness of heartbeat)
- Dry or itchy skin
- Thinning hair or increased hair growth on the face
- Headaches or migraines
- Dizziness or balance problems
- Changes in taste or smell
- Tinnitus (ringing in the ears)
- Burning mouth or altered oral sensations
- Urinary urgency or frequency

Not every woman will experience these, but being aware of them can help you recognise when symptoms are related to menopause.

Did You Know?

About 80% of women going through perimenopause or menopause report experiencing symptoms at some point, of those, around 20% classify their symptoms as severe.



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How Can Dr. Sonia Verma Help?

Dr. Sonia Verma is a highly experienced GP with over 20 years experience and advanced training in women's health and menopause care.

She has worked extensively in both the UK and Australia, and holds qualifications from the Royal College of Obstetrics and Gynaecology (UK) and the Royal Australian College of General Practitioners.

PERSONALISED SUPPORT & EXPERT CARE TAILORED TO YOU



Creating a comfortable space to talk

Many women find it difficult to talk about menopause. Dr. Verma offers a compassionate, respectful environment where you can openly discuss your concerns.



Providing a personalised treatment plan

Your care is tailored to your unique needs, whether that includes hormone therapy, non-hormonal medicines, lifestyle strategies or a combination of approaches.



Supporting your long-term health

Beyond symptom relief, Dr Verma focuses on protecting your bone, heart, and overall health, helping you stay well now and into the future.



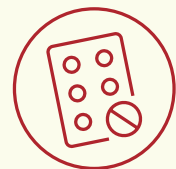
Sexual health & emotional wellness

Expert support for improving libido, enhancing intimacy, and addressing the changes that can affect your sexual confidence during menopause.



Mental health & emotional wellbeing support

Compassionate care to address mood swings, anxiety, and emotional changes, so you can feel more balanced and in control.



Guiding you on the best Menopausal Hormone Therapy (MHT) for you

Individually tailored plans that target your specific symptoms, so you can regain control and thrive through every stage of menopause.



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Did You Know?

Approximately 30% of women with bothersome menopause symptoms took an extended break from work, study or exercise.

Frequently Asked Questions

Do I need a referral to see Dr Sonia Verma?

No referral is needed, you can book directly. Dr Verma is a GP with a special focus on menopause care, so you can get expert, personalised treatment without waiting.

How do I know if my symptoms are related to menopause?

If you're noticing changes in mood, sleep, energy, weight, or your period, it could be perimenopause or menopause. A consultation can confirm this and help you take control of your symptoms.

How long will this last ... and do I just have to put up with it?

Menopause symptoms can last 4-8 years or more, but you don't have to suffer through them. Tailored treatment can dramatically improve your quality of life now and into the future.

Is Hormone Therapy (MHT/HRT) actually safe?

For many women, it's a safe, effective option when managed by a doctor with up-to-date knowledge in women's health. Dr Verma ensures all treatments are evidence-based and tailored to your needs.

What if I can't or don't want to take hormones?

There are non-hormonal options, including medications, supplements, lifestyle strategies, and vaginal treatments. Your care will be personalised to suit your needs and preferences.

I've had a hysterectomy ... is menopause different for me?

Yes, especially if your ovaries were removed. You may experience more sudden or intense symptoms. Early treatment can ease the transition and protect your long-term health.

Can menopause really affect my bones or heart?

Yes. The drop in oestrogen increases your risk of osteoporosis and heart disease, but early intervention can make a big difference. A personalised plan helps protect your health now and later.

Is it normal to feel anxious, low, or unlike myself?

Absolutely! Mood changes are extremely common, but they're also treatable. If you're not feeling like yourself, it's a good time to book a consultation and get support that works.

Why am I gaining weight ... and can anything help?

Hormonal shifts, age, and slower metabolism can lead to weight gain. With the right support, from lifestyle to medical options, you can manage your weight and feel better.

What if I've gone through menopause early ... should I be worried?

Early or premature menopause can increase long-term health risks, especially for bones and heart. The earlier you get support, the better the outcome. A review with a doctor is essential.

When should I see a menopause specialist?

If your symptoms are affecting your daily life, or you just want expert guidance, *NOW* is the right time! The earlier you get support, the more options you have. Make an appointment today.



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Rediscover Your Wellbeing...

Menopause doesn't have to mean struggling through symptoms. With the right care, you can regain balance, protect your health and enjoy this stage of life with confidence.

Dr Sonia Verma and the team at the Menopause Treatment Clinic are here to support you every step of the way.

Come in and have a chat with us!



Menopause Specialist
in Bondi Junction

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*This information is general in nature and does not replace personalised medical advice. Please consult your doctor for treatment tailored to your needs.